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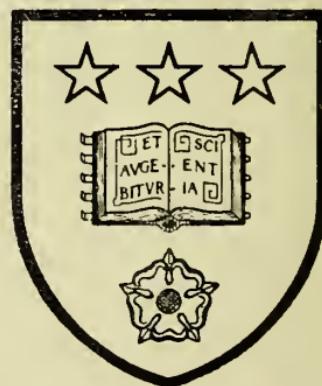
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BY

NELLIE PARKER, M.C.A., L.N.C.C.

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P R E F A C E .

My apology for adding to the already large number of Cookery Books, is that I have been asked so many times at my lectures for a book of my own recipes.

I have bestowed on it great care, and have every confidence in recommending the recipes given.

* * * * *

I wish to draw attention to the special mention of the various foods advertised in my book, having used these for years I can safely vouch for their purity and excellence.

* * * * *

In preparing cakes, pastry, &c., with Coombs' Self-Raising Flour, no baking powder is required. This flour can be used with advantage where ordinary flour and baking powder is used.

NELLIE PARKER.

NOTTINGHAM,

MARCH, 1900.

— INDEX. —

No. of Recipe.	SOUPS.	No. of Recipe.
1.	First Stock.	To Boil Fish.
2.	Second Stock.	To Fry Fish.
3.	Bovril Stock.	31. Salmi of Codfish.
4.	Clear Soup.	32. Surtout of Sole.
5.	Thick Ox Tail.	33. Fish Pudding.
6.	Pureè à la D'Artois.	34. Fish à la Béchamel.
7.	Green Pea Soup.	35. Sole à l'Aurore.
8.	Asparagus Soup.	36. Fillets of Sole with Mushrooms.
9.	Oyster Soup.	37. Fish Salad.
10.	Mock Turtle Soup.	38. Salmon Cutlets.
11.	Pureè of Tomatoes.	39. Lobster Cutlets.
12.	Hare Soup.	40. Oyster Patties.
13.	Palestine Soup.	41. Aspic of Lobster.
14.	Hunter's Soup.	42. Salmon and Tomato Sauce.
15.	Vegetable Soup.	43. Lobster Salad.
16.	Normandy Soup.	44. Cream Salad Dressing.
17.	Brown Mushroom Soup.	45. Sole à la Crème Blanche.
18.	White Soup.	46. Sole à la Rouennaise.
19.	Kidney Soup.	47. Fillets of Sole with Oysters
20.	Chicken Soup.	48. Stewed Eels.
21.	Mulligatawny Soup.	49. Fillets of Sole with Gherkin Sauce.
22.	Celery Cream Soup.	50. Cutlets of Cod Fish.
23.	Friar's Chicken Soup.	51. Fish Cakes.
24.	Clear Calf's Head Soup.	52. Baked Herrings.
25.	Hotch Potch Soup.	53. Kedgeree.
26.	Brown Soup.	54. Russian Fish Pie.
27.	Lentil Soup.	55. Fish Patties.
28.	Pea Soup.	56. Baked Haddock.
29.	Mutton Broth.	57. Timbales of Whiting.
30.	Stock.	58. Fillets of Sole à la Rouen.
	FISH.	59. Mock Whitebait.
	To Choose Fish.	60. Fish Scallops.
	To Steam Fish.	61. Potted Lobster.
	To Bake Fish.	

INDEX—CONTINUED.

No. of Recipe.	ENTRÉES.	No. of Recipe.
62.	Salmi of Ox Tail.	90. Irish Stew.
63.	Poulet au Tomatoes.	91. Hot Pot.
64.	Fillets of Beef (Neapolitaine).	92. Stuffed Steak.
65.	Salmi of Cold Game.	93. Galantine of Veal.
66.	Fried Sweetbreads.	94. Mock Duck.
67.	Fricassed Sweetbreads.	95. To Broil Chops or Steaks.
68.	French Chicken Pie.	96. Beef Steak Pudding.
69.	Mutton Cutlets à la Toubise.	97. Beef Steak Pie.
70.	Veal Olives.	98. Sausage Pudding.
71.	Mutton Cutlets (Plain).	POULTRY AND GAME.
72.	Beef Steak stuffed with Oysters.	99. How to choose Poultry and Game.
73.	Stewed Kidneys with Mush- rooms.	100. Roast Fowl.
74.	Veal and Ham Pie.	101. Boiled Fowl.
75.	Galantine of Fowl.	102. Boiled Rabbit.
76.	Roast Boned Fowl.	103. Stewed Rabbit.
77.	Chaudfroid of Chicken.	104. Rabbit Pie.
78.	Veal Cake.	105. Roast Rabbit.
79.	Jugged Hare.	106. Roast Duck.
80.	Brown Salmi of Chicken.	107. Roast Hare.
81.	Fricassè of Chicken.	108. Pheasants.
82.	Pigeons stewed with Green Peas.	109. Roast Grouse.
83.	Boiled Calf's Head.	110. Partridges.
84.	Veal à la Bourgeoise.	111. Roast Haunch of Venison.
85.	Blanquette of Veal.	VEGETABLES.
	MEATS.	
	General Remarks on Meat.	102. To boil Potatoes.
	Roasting.	113. Baked Vegetables.
	Baking.	114. Fried Potatoes.
	Boiling.	115. Fried Potato Soufflés.
	Broiling.	116. Spinach.
	Stewing.	117. Beetroot.
86.	Spiced Beef.	118. Green Peas.
87.	Breast of Lamb with Green Peas.	119. Potatoes Baked with Meat.
88.	Stewed Steak and Onions.	120. Asparagus Tips.
89.	Haricot Mutton	121. Boiled Cabbage.
		122. Brussel Sprouts.
		123. Cauliflower.
		124. Stuffed Potatoes.

INDEX—CONTINUED.

No. of Recipe.	No. of Recipe.
125. Asparagus.	161. Apple Custard.
126. Stewed Celery.	162. Apple Creams.
127. Macedoine of Vegetables.	163. White Cream.
128. Onions.	164. Lemon Cream.
129. Turnip Tops.	165. Strawberry Cream.
120. Haricot Beans.	166. Ginger Cream.
121. Broad Beans (Boiled).	167. Tangerine Cream.
122. Artichokes (Boiled).	168. Stone Cream.
123. Sea Kale (Stewed).	169. Queen Mab's Cream.
124. Boiled Turnips.	170. Chocolate Cream.
135. French Beans.	171. Coffee Cream.
136. Boiled Carrots.	172. Lemon Sponge.
137. Horse Radish (Garnish).	173. Pine Apple Cream.
138. Vegetable Marrow.	174. Ambrosia of Orange.
COLD SWEETS.	
139. Raspberry Trifle.	175. Velvet Cream.
140. Swiss Trifle.	176. Chocolate Cream (Rich).
141. Orange Trifle.	177. Italian Cream.
142. Trifle (good).	178. Orange Jelly.
143. Trifle (plain).	179. Fruit Salad. No. 1.
144. Apricot Trifle.	180. " " No. 2.
145. Blanc Mange.	181. " " No. 3.
146. Chocolate Blanc Mange.	182. " " No. 4.
147. Meringues.	183. Quick Aspic Jelly.
148. Apricot Eggs.	184. Coffee Jelly.
149. Compôte of Oranges.	185. Claret Jelly.
140. Tipsy Cake.	186. Italian Jelly.
151. Gateau à la Neopolitan.	187. Aspic Jelly (good).
152. Rice Pyramid.	188. Whipped Jelly or Snow.
153. Gateau de Prunes.	189. Champagne Jelly.
154. Charlotte Russe.	190. Wine Jelly.
155. Junket.	191. Lemon Jelly.
156. Gateau of Apricots.	192. Pine Apple Jelly.
157. Stewed Pears.	193. Russian Jellies.
158. Normandy Pippins.	194. Ribbon Jelly.
159. Berlin Puddings.	ICES.
CREAMS AND JELLIES.	
160. Hedgehog Shapes.	Directions for making Ices --
	Freezing.
	Packing.

INDEX—CONTINUED.

No. of Recipe.	No. of Recipe.
	Moulding Ice Creams.
	Fancy Moulding.
	To Un-mould Ice Creams.
195.	Strawberry Ice Cream. No. 1.
196. No. 2.
197.	Lemon Water Ice.
198.	Nesselrode Ice Pudding.
199.	Vanilla Ice Cream. No. 1.
200. Plain.
201. No. 3.
202.	Iced Fruit Pudding.
203.	Neapolitan Ice Cream.
204.	Chocolate Ice Cream.
205.	Coffee Ice Cream. No. 1.
306. No. 2.
207.	Iced Champagne Sauce.
	PUDDINGS.
208.	Adelaide Pudding.
209.	Albert Pudding.
210.	Apricot Pudding. No. 1.
211. No. 2.
212.	Ancastor Pudding.
213.	Alma Pudding.
214.	Amber Pudding.
215.	Apple Pudding. (Swiss.)
216.	Arrowroot Pudding. (Rich.)
217. (Plain.)
218.	Apple Dumplings.
219.	Apple Pudding. (Steamed.)
220.	Bakewell Pudding. No. 1.
221. No. 2.
222. No. 3.
223.	Apple Custard.
224.	Bread and Butter Pudding.
225.	Bread and Butter Pudding. (Boiled.)
226.	Beignets.
227.	Baked Batter Pudding.
	228. Boiled Batter Pudding.
	229. Cumberland Pudding.
	230. Canary Pudding.
	231. Cup Custard.
	232. Chocolate Pudding.
	233. Christmas Plum Pudding.
	234. Cokernut Pudding.
	235. Steamed Cokernut Pudding.
	236. Cup Pudding.
	237. Chester Pudding.
	238. College Pudding.
	239. Castle Pudding.
	240. Cabinet Pudding. (Rich.)
	241. . . . (Plain.)
	242. . . . (Cold.)
	243. Corn Flour Pudding.
	244. Baked Custards.
	245. Devonshire Pudding.
	246. Damson Pudding.
	247. Dumplings.
	248. Dough Nuts.
	249. Epicure Pudding.
	250. Fig Pudding.
	251. Fruit Pudding.
	252. Gooseberry Custard.
	253. Gooseberry Fool.
	254. Stewed Prunes.
	255. Gingerbread Pudding.
	256. Ground Rice Pudding.
	257. (Rich.)
	258. Golden Pudding.
	259. German Apple Tart.
	260. Gatacre Pudding.
	261. Ginger Pudding. (Preserved.)
	262. Hasty Pudding.
	263. Italian Pudding.
	264. Jam and Bread Pudding.
	265. Jam Roly-Poly.

INDEX—CONTINUED.

No. of Recipe.	No. of Recipe.
266. Jubilee Pudding.	304. York Pudding.
267. Baked Lemon Pudding.	CHEESECAKES AND PASTRY.
268. Boiled Lemon Pudding	305. Home-made Cheesecakes.
269. Liffey Pudding.	306. Apricot Cheesecakes.
270. Leamington Pudding.	307. Saratogo Tartlets.
271. Mansfield Pudding.	308. Chocolate ,
272. Macaroni Pudding.	309. Almond Cheesecakes.
273. Manchester Pudding.	310. Marmalade Custards.
274. Marmalade Pudding.	311. Vanilla Custard Slices.
275. Melton Pudding.	312. Cream Cornets.
276. Nowell Pudding.	313. Macaroon Cheesecakes.
277. Nottingham Pudding.	314. Swiss Puddings.
278. Palestine Pudding.	315. Lemon Icing.
279. Newcastle Pudding.	316. Apricot Patties.
280. Nell's Pudding.	317. Lemon Tartlets.
281. Pound Pudding.	318. Banbury Cake Mixture.
282. Potato Pudding.	319. Cocoanut Puffs.
283. Queen of Puddings.	320. Mincemeat.
284. Pancakes.	321. Florentines.
285. Ratifia Pudding.	322. Highland Tarts.
286. Rice Pudding. No. 1.	323. Cream Tarts.
287. Rice Pudding. (Boiled.)	324. Congress Tarts.
288. Sponge Pudding.	325. Potato Cheesecake Mixture.
289. Sago Pudding.	326. Curd Cheesecake Mixture.
290. Savoy Pudding.	327. Rich Curd Cheesecakes.
291. Semolina Pudding.	328. Richmond Maids of Honor.
292. Sponge Cake Pudding.	329. Lemon Cheesecake Mixture.
293. Saxon Pudding.	PASTRY.
294. Tapioca Pudding.	Hints on Pastry Making.
295. , , , (Boiled.)	330. Puff Pastry.
296. Tapioca and Fruit Pudding.	331. Rough Puff Pastry.
297. Treacle and Currant Roly.	332. Flakey Pastry.
298. Treacle Tart.	333. Rich Short Crust.
299. Clifton Pudding	334. Plain Short Crust.
300. Vermicelli Pudding.	335. Suet Crust.
301. Victoria Pudding.	336. Raised Pie Crust.
302. Viennoise Pudding.	337. Genoese Pastry.
303. Windsor Pudding.	338. French Pastry

INDEX—CONTINUED.

No. of Recipe.	No. of Recipe.
SOUFFLES & OMELETS, ETC.	
General Remarks.	
339. Omelet Soufflé.	371. Celery Sauce.
340. Vanilla Soufflé.	372. Tomato Sauce.
341. Chocolate Soufflé.	373. Egg Sauce.
342. Oyster Soufflé.	374. Soubise Sauce.
343. Plain French Omelet.	375. Caper Sauce.
344. Variations of Omelets.	376. Horse-radish Sauce.
345. Beaten Omelet.	377. Lobster Sauce.
346. Jam Omelet.	378. Shrimp Sauce.
347. Sweet Pancakes.	379. Cheap Glaze.
FRITTERS.	SWEET SAUCES.
348. Fritter Batter.	380. Jam Sauce.
349. Apple Fritter.	381. Lemon Sauce.
350. Peach or Apricot Fritter.	382. Marmalade Sauce.
351. Orange Fritters.	383. Custard Sance.
352. Balloons.	384. Chocolate Sauce.
SAUCES.	GERMAN SAUCES.
Remarks.	
SAVOURY SAUCES.	
353. Apple Sauce.	387. Cheese Biscuits.
354. Bread Sauce.	388. Macaroni Cheese.
355. Anchovy Sauce.	389. Cheese Feathers.
356. Brown Sauce.	390. Cheese Toast.
357. Clarified Sauce.	391. Kidney Toast.
358. White Sauce.	392. Crôutous of Kidney.
359. Feueel Sance.	393. Chicken Cornets.
360. Melted Butter Sauce.	394. Scotch Eggs.
361. Oyster Sauuc.	395. Poached Eggs.
362. Parsley Sauce.	396. Calves' Brains on Toast.
363. Mint Sauce.	397. Parmesan Balls.
364. Piquant Sauce.	398. Buttered Eggs.
365. Supreme Sauce.	399. Buttered Mushrooms.
366. White Chaudfroid Sauce.	400. Birds' Nests.
367. Brown Chaudfroid Sauce.	401. Egg Cutlets.
368. Glaze.	402. Egg ou Crouquette.
369. Mayouaise.	403. Sardine Eggs.
360. Cream Dressing.	404. Herring Rocs and Oysters.
	405. Canopes of Lobster.
	406. Dressed Tomatoes.

INDEX—CONTINUED.

No. of Recipe.	No. of Recipe.
407. Curried Eggs.	442. Fruit Cake.
408. Cheese D'Artois.	443. Rock Buns.
409. Anchovy Eggs.	444. Walnut Cakes.
CAKES.	445. Scones.
Rules.	446. Madeira Cake.
410. Chocolate Cakes.	447. Bristol Cake.
411. Orange Sandwich.	448. Sponge Cake.
Orange Butter.	449. Paris Buns.
412. Dessert Sandwich.	450. Cream Scones.
413. Golden Cakes.	451. Shrewsbury Biscuits.
414. Queen Cakes.	452. Baden Biscuits.
415. Five o'clock Tea Cakes.	453. Queen Cake Drops.
416. Girdle Cakes.	454. Abernethy Biscuits.
417. Variety Cakes.	455. Macaroons.
418. Swiss Wafers.	456. Brandy Snaps.
419. Mocha Cakes.	BREAD AND BUNS.
420. Mocha Icing.	457. Bread.
421. Raspberry Cakes.	458. Milk Bread.
422. Little Genoa Cakes.	459. Potato Bread.
423. London Buns.	460. Brown Bread.
424. Royal Cakes.	461. Whole Meal Bread.
425. Plain Currant Cake.	462. Dinuer Rolls.
426. Sultana Cake.	463. Dough Cake.
427. Eclairs.	464. Milk Rolls.
428. Swiss Roll.	465. Tea Cakes.
429. Soda Buns.	466. Hovis Bread.
430. Cornflour Cakes.	467. Hovis Scones.
431. Cherry Cakes.	GARNISHES AND ICES.
432. Cocoanut Sandwich.	468. To Glaze Meat Pies.
433. Cocoanut Buns.	469. To Glaze Fruit Tarts.
434. Cocoanut Rock Biscuits.	470. Whipped Jelly.
435. Genoa Cake.	471. Whipped Cream.
436. Pound Cake.	472. Blanched Almonds.
437. Jubilee Cakes.	473. Pistachio Keruels.
438. Seed Cake.	474. Colored Almonds.
439. Rice Buns.	475. Browned Almonds.
440. Orange Ginger Cakes.	476. Colored Sugar.
441. Simnel Cake.	477. Pastry Icing.

INDEX—CONTINUED.

No. of Recipe,	No. of Recipe.
478. Royal Icing.	502. Milk Blanc Mange.
479. Glacé Icing.	503. Linseed Tea.
480. Liquid Icing.	504. Rice Water.
481. Almond Icing.	505. Gruel.
482. Chocolate Icing. No. 1.	506. Clear Barley Water.
483. , , No. 2.	507. Bovril Sandwiches.
484. , , N1. 3.	508. Coomb's Malted Food.
485. Coffee Icing	509. Virol.
486. Vienna Icing.	JAMS.
SICK ROOM COOKERY.	
Preparation of Food for In- valids.	
487. Beef Tea. No. 1.	510. Apricot Jam.
488. , , No. 2.	511. Blackberry Jam.
489. , , No. 3.	512. Black Currant Jam.
490. Invalid Fish. No. 1.	513. Red Currant Jam.
491. , , No. 2.	514. Damson Jam
492. , , No. 3.	515. Gooseberry Jam.
493. Chicken Broth.	516. Greengage Jam.
494. Savoury Custard.	517. Plum Jam.
495. Sweet Custard.	518. Raspberry Jam.
496. Arrowroot.	519. Rhubarb Jam.
497. Stewed Mutton Chop.	520. Strawberry Jam.
498. Darioles of Chicken.	521. Vegetable Marrow Jam.
499. Invalid Bovril.	TIME-TABLE.
500. Fillet of Chicken & Egg Sauce.	Boiling. Meats.
501. Invalid Soup.	Baking. Vegetables.
	Broiling. Fish, etc.

MODERN COOKERY.

SOUPS.

HINTS ON SOUP MAKING.

Meat which is used for soup making contains much fibrine and gelatine. In making soup our chief aim is to draw all the nutriment out of the meat. It must, therefore, be placed in cold water and brought very slowly to simmering point in order to draw out all the juices of the meat and allow the gentle, moist heat to soften the fibrine and gelatine. Another important consideration is to have plenty of fresh, clean vegetables and sweet herbs; when vegetables have parted with their flavour they should be taken away, if left in the stock they impoverish it by absorbing the meat flavours.

Bovril Extract of Meat holds a foremost place among meat preparations. Bovril adds piquancy and nourishment to soups, sauces, gravies, croquettes, rissoles, and all entrées. It is the vital principle of prime ox beef, and is invaluable in every kitchen where economy and high-class cooking are desired.

(1)

FIRST STOCK FOR CLEAR SOUP.

4 lbs. Shin of Beef.	$\frac{1}{2}$ head of Celery.
5 pints cold Water	1 doz. Peppercorns.
1 Onion.	Sprig of Parsley, Thyme, and
2 Carrots.	Marjoram.
1 Turnip.	Pepper and Salt.

Method.—Cut the meat into small pieces and place in a saucepan with the water; soak for half-an-hour. Then put the pot on the fire, with a little salt, and simmer gently the contents for one hour. Next put in the vegetables sliced, and the herbs and peppercorns tied in a piece of muslin. Simmer for four hours, strain into a basin, and skim off the fat when cold.

White stock is made in this way, only use white meat instead of beef.

(2)

SECOND STOCK.

For this, use any scraps of cooked or uncooked meat, with any bones. Allow one quart of water to every pound of meat and bones, and use vegetables in the same proportion as directed for first stock. Boil gently to extract the gelatine about 3 or 4 hours.

(3)

STOCK MADE WITH BOVRIL.

1 dessert spoonful of Bovril.	$\frac{1}{2}$ head Celery.
1 Onion.	1 quart of Water.
1 Carrot.	Bunch of Herbs.
$\frac{1}{2}$ Turnip.	Salt and Pepper.

Method.—Slice the vegetables and add the water, also the herbs, boil $1\frac{1}{2}$ hours, strain, stir in bovril, and season with salt and pepper.

(4)

CONSOMMÉ, OR CLEAR SOUP.

2 quarts of fresh Stock.	Whites and shell of 2 Eggs.
1 lb. of gravy Beef.	1 wine glass of Sherry.

Method.—Remove all the fat from the stock, scrape the beef finely, and soak it in two tablespoonfuls of cold water. Put the stock in a stew pan, and add the beef to it, the whites and shells of the eggs. Whisk over the fire until the stock begins to simmer. Then leave off whisking and bring to the boil. Remove it from the fire and put it on one side; cover with the lid. Tie a clean cloth to the four legs of a chair turned upside down. Pour some boiling water through it into a basin, to ensure its being quite clean. Then put a clean basin underneath, and pour all the contents of the pan on to the cloth. Run soup through twice very slowly, the soup will then be perfectly clear; add wine and serve at once. This is Consommé, and can be served as a variety of soups named according to what is served in them.

AS SUPPLIED TO HER MAJESTY.

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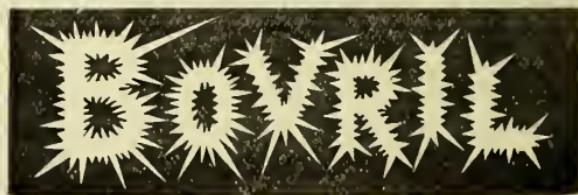
It is therefore, invaluable in the daily food of growing children, delicate mothers and all brain workers.

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(5)

THICK_OX TAIL SOUP.

3 pints of second Stock.	6 Cloves.
1 Ox tail.	Pepper and Salt.
1 Onion (sliced).	$\frac{1}{2}$ teaspoonful of Peppercorns.
2 oz. Butter.	1 $\frac{1}{2}$ ozs. Flour.
1 oz. Glaze.	1 teaspoonful Gravy Colouring.
1 glass Port Wine.	1 tablespoonful of Mushroom Ketchup.

Method.—Wipe the tail, cut it in joints, and fry in one ounce butter. Add the onion, and fry a pale brown. Put in stock, cloves, and peppercorns, and stew gently 4 hours. Remove the tail, strain the stock. Melt butter in the pan, add flour and glaze, put in stock by degrees, add pepper and salt, ketchup, and gravy colouring. Boil 5 minutes, put in pieces of tail, add wine, and serve.

(6)

PUREE A LA D'ARTOIS.

(GREEN PEA SOUP), No. 1.

1 quart white Stock (strained through a towel).	2 pints green Peas.
	3 yolks.
Pepper and Salt.	1 sprig of Mint.
1 teaspoonful of Sugar.	$\frac{1}{2}$ pint of Cream.

Method.—Cook peas with mint in stock until tender, rub through wire sieve, add pepper, salt, and sugar, return to pan, add yolks and cream, make very hot and serve.

(7)

GREEN PEA SOUP, No. 2.

1 quart boiling Stock.	1 Onion.
Pepper and Salt.	1 Lettuce (shredded).
1 teaspoonful of Sugar.	1 sprig of Mint.
1 pint of Peas.	1 oz. Butter. 1 oz. Flour.

Method.—Place three parts of the peas in a stew pan, add stock, onion, lettuce, pepper, salt, sugar, and mint. Cook gently 40 minutes. Pass all through a wire sieve. Melt the butter, stir in flour, add by degrees the strained stock, boil 3 minutes. Cook remainder of peas by themselves, and add them to the soup just before serving.

(8)

ASPARAGUS SOUP (WHITE).

$\frac{1}{2}$ hundred Asparagus.	1 quart White Stock.
2 ozs. Butter.	$1\frac{1}{2}$ ozs. Flour.
$\frac{1}{2}$ pint cream.	Pepper and Salt.

Method.—Wash the asparagus well, cut off the tips, and place them in cold water. Put the stalks in a pan with the stock and boil gently 1 hour, then rub through a wire sieve. Melt the butter, stir in the flour smoothly, add the strained stock by degrees, put in pepper and salt, stir till boiling, put in the tips and simmer gently 20 minutes; add the cream and serve.

(9)

OYSTER SOUP.

2 doz. Oysters.	1 quart white Stock, or Fish Stock.
2 ozs. Flour.	1 gill Cream.
2 ozs. Butter.	Pepper and Salt.
1 gill Milk.	Pinch of Mace.
Cayenne.	
1 teaspoonful Lemon Juice.	$\frac{1}{2}$ teaspoonful Ess. of Anchovy.

Method.—Beard and seal the oysters in the liquor; cut the oysters in two. Melt butter in a pan, stir in flour smoothly, add by degrees the stock and liquor, put in pepper and salt, cayenne, mace, and anchovy; bring to the boil, add cream, &c., and lemon juice, put in oysters, allow them to get hot, and serve.

(10)

MOCK TURTLE SOUP.

$\frac{1}{2}$ Calf's Head.	2 quarts Stock.
Bunch of Herbs.	6 Peppercorns.
$\frac{1}{4}$ lb. cooked Ham.	3 Cloves.
Pepper and Salt.	A little Lemon Rind.
2 $\frac{1}{2}$ ozs. Flour.	2 glasses of Sherry.
2 tablespoonsful Mushroom Ketchup.	Forcemeat balls. Egg balls.

Method.—Cook the head in the stock with the herbs, lemon rind, peppercorns, cloves, and ham until tender. Remove the ham, chop it finely, cut half the meat from the head into small pieces and put them aside.

(Remainder of meat may be used as an entrée; also keep the tongue and brain for this.)

Return the bones to the pan, cook gently 1 hour longer, then strain, thicken with the flour, add pepper and salt, ketchup, and wine, put in egg balls, forcemeat balls, and pieces of meat, and serve.

FORCEMEAT BALLS.—Three tablespoonsful of bread crumbs, chopped ham, a few pieces of head (chopped), $\frac{1}{2}$ teaspoonful herbs, pepper and salt, 1 egg. Form into small balls and fry.

EGG BALLS.—Yolks of 5 hard boiled eggs, pepper and salt, 1 white of egg. Pound eggs, add pepper and salt and the white. Make into little balls, roll in flour, and fry a pale brown.

(11)

PUREE OF TOMATOES.

1 quart tin of Tomatoes.	$1\frac{1}{2}$ pints Stock or Water.
1 Onion.	1 oz. Butter.
2 ozs. Flour.	1 teaspoonful Sugar.

Method.—Place butter in a saucepan and fry the sliced onion in it, put in tomatoes and cook 20 minutes. Rub all through a wire sieve. Mix flour smoothly with a little water, add sugar, salt and pepper, add to the strained soup, and bring to the boil again.

(12)

HARE SOUP.

1 Hare.	2 quarts of Stock.
2 ozs. Flour.	2 ozs. Glaze.
12 Peppercorns.	6 Cloves.
1 Onion.	2 tablespoonfuls of Ketchup.
1 teaspoonful of Worcester Sauce.	1 gill Port Wine.
Forcemeat balls.	1 teaspoonful of Gravy Colouring.

Method.—Wipe the hare and cut it into joints, taking care to save the blood. Put the pieces of hare in a stew pan, add the onion, glaze, and peppercorns, cloves, and gravy colouring, pour over the stock, and stew gently $2\frac{1}{2}$ hours. Take the best parts of the meat from the hare and cut it into small pieces;

return the bones to the pan and stew 1 hour longer, then strain. Mix the flour smoothly with a little cold stock, put in ketchup, sauce, pepper and salt, and stir till boiling; add pieces of hare, and just before serving put in the port wine.

(13)

PALESTINE SOUP (PURÉE OF ARTICHOKEs).

1½ lbs. of Artichokes.	1 quart white Stock.
½ pint Cream.	1 gill Milk.
1½ ozs. Butter.	1½ ozs. Flour.
	Pepper and Salt.

Method.—Boil the artichokes in the stock for 25 minutes. Rub through a wire sieve. Melt butter in the pan, stir in the flour, add by degrees the strained stock, put in pepper and salt. Stir till boiling, add milk and cream.

(14)

HUNTERS' SOUP.

1 doz. Oysters.	½ tin Tomatoes.
1 small Onion.	1 Carrot (in slices).
1 oz. Glaze.	1½ pints brown Stock.
1 oz. Butter.	1 oz. Flour.
Pepper and Salt.	1 teaspoonful Gravy Colouring.

Method—Fry onion, carrot, and glaze in the butter, add pepper and salt and colouring, put in tomatoes and stock, cook gently half-an-hour. Pass through a wire sieve. Return soup to saucepan, bring to boiling point. Mix flour smoothly with a little cold stock, stir it into soup and boil 5 minutes. Beard oysters, scald beards in the liquor, and strain; add liquor to the soup, put in oysters, and serve hot.

(15)

VEGETABLE SOUP.

2 ozs. Butter.	2 Carrots.
1 Turnip.	½ head of Celery.
1 Onion.	1 small Lettuce, or ½ Cabbage.
Pepper and Salt.	1 quart of Water, or Stock.
	½ pint of Milk or Cream.

Method.—Boil stock and vegetables together till tender, pass through wire sieve, add butter, pepper and salt, milk or cream, return to pan, and bring to boil.

(16)

NORMANDY SOUP.

1 quart white Stock.	$1\frac{1}{2}$ ozs. Rice.
1 gill Cream or Milk.	2 Yolks. Pepper and Salt.

Method.—Simmer rice slowly in stock half-an-hour. Rub through sieve; add pepper and salt, return to pan, bring to the boil; add yolks and cream mixed, thicken and serve.

(17)

BROWN MUSHROOM SOUP.

1 quart brown Stock.	$\frac{1}{2}$ lb. Mushrooms (peeled and chopped).
Pepper and Salt.	
1 tablespoonful of Ketchup.	1 oz. Glaze.
1 teaspoonful Lemon Juice.	$1\frac{1}{2}$ oz. Flour. $\frac{1}{2}$ teaspoonful of Gravy Colouring.

Method.—Boil stock and mushrooms together for 20 minutes. Pass through a wire sieve, add glaze and colouring, thicken with the flour, stir until it comes to the boil, add ketchup, lemon juice, and serve.

(18)

WHITE SOUP.

1 quart Veal Stock (strained through a towel).	$\frac{1}{2}$ oz. Arrowroot. 1 oz. Vermicelli.
$\frac{1}{2}$ pint Cream.	Pepper and Salt.

Method.—Boil stock, mix cream smoothly with the arrowroot, pour into boiling stock, add vermicelli, simmer 10 minutes.

(19)

KIDNEY SOUP.

$\frac{1}{2}$ an Ox Kidney.	2 Carrots.
2 ozs. Flour.	1 Turnip.
1 small Onion.	3 pints of second Stock (hot).
2 tablespoonfuls of Ketchup.	1 teaspoonful of Salt.
$\frac{1}{4}$ teaspoonful of Pepper.	1 teaspoonful of Worcester
2 teaspoonfuls of Gravy Colouring.	Sauce. 1 oz. Butter.

Method.—Cut the kidney in pieces, place the butter in a saucepan, and when melted stir in the kidney and fry gently; add the vegetables (chopped), and cook 5 minutes, then pour

in the hot stock and cook slowly 2 hours ; remove the kidney and chop it finely. Pass the remainder of the soup through a wire sieve, return it to the stewpan ; add the chopped kidney. Mix the flour smoothly with the colouring, ketchup, Worcester sauce, pepper and salt ; pour it into the boiling soup and boil for 5 minutes, stirring all the time.

(20)

CHICKEN SOUP.

2 young Chickens.	3 ozs. Bread Crumbs.
2 quarts white Stock.	$\frac{1}{2}$ pint of Cream.
1 blade of Mace.	1 sprig of Parsley.
Piece of Lemon rind.	1 teaspoonful of Salt.
	$\frac{1}{4}$ teaspoonful of Pepper.

Method.—Cut chickens into small pieces, put them into a saucepan with the stock, salt, pepper, and mace, add parsley and lemon rind. Cover the saucepan and simmer for 1 hour ; then take all the meat from the bones, put the bones back into the pan and let them simmer another hour. Take the best pieces of chicken and cut in slices, the remainder must be pounded in a mortar with the bread crumbs, which have been soaked with a little of the boiling stock ; it must be pounded to a smooth paste. Strain the stock, add to it the paste and the pieces of chicken, bring to the boil, then add the cream and serve.

(21)

MULLIGATAWNY SOUP.

1 lb. lean Ham.	1 oz. Flour.
4 Apples.	1 Carrot.
1 teaspoonful of Sugar.	$\frac{1}{2}$ head Celery.
$\frac{1}{2}$ lb. cold Chicken.	1 oz. Curry Powder.
2 Onions.	Juice of $\frac{1}{2}$ a Lemon
2 oz. Butter.	1 dessertspoonful of Curry
2 quarts of Stock.	Paste.

Method.—Clean the vegetables and cut in pieces, chop the apples, cut the ham in pieces, fry all these in the butter, add the flour, curry paste and powder, and all the other ingredients. Stir till it boils, simmer until the vegetables are quite tender, rub through a sieve. Serve with boiled rice in a separate dish.

A gill of cream is a great improvement to this soup.

(22)

CELERY CREAM SOUP.

3 pints of white Stock. 1 Onion (sliced).

2 heads of Celery. $\frac{1}{2}$ pint Cream.2 $\frac{1}{2}$ ozs. Flour. Salt and Pepper.

Method.—Wash the celery and cut it in pieces, add the onion, and simmer in the stock for 40 minutes. Make a thickening of the flour, pour it into the soup, and boil, stirring for 5 minutes. Rub through a sieve. Return to the saucepan, add the cream, and bring to the boil again. Season with pepper and salt.

(23)

FRIAR'S CHICKEN SOUP.

1 Chicken. 2 lbs. Knuckle of Veal.

1 doz. Peppercorns. 3 Cloves.

1 Onion. $\frac{1}{2}$ head of Celery.

1 blade of Mace. 3 pints of Water.

3 Yolks. 1 gill Cream.

Pepper and Salt. 1 gill Milk.

Method.—Place veal in a stew pan with onion, celery, mace, peppercorns, cloves, and water, and stew gently 1 $\frac{1}{2}$ hours. Put in the chicken and simmer slowly three quarters of an hour. Remove the chicken and take away all the white meat, return bones to the pan and cook half-an-hour longer; add pepper and salt, and white meats cut in small pieces. Mix together the yolks, milk and cream, pour into the pan, thicken, and serve hot.

(24):

CLEAR CALF'S HEAD SOUP.

Half calf's head, cooked in 3 pints of good stock, vegetables, salt and pepper, peppercorns, and cloves, till tender. Remove head and clear the stock. Mix one large tablespoonful of arrowroot with cold water, add it to the boiling stock. Cut the best part of head in little rounds, wash in hot water, add them to the soup, put in a wine glass of sherry, and serve.

(25)

HOTCH POTCH.

1 lb neck of Mutton.	$\frac{1}{2}$ Lettuce.
1 Turnip.	2 Onions (parboiled).
2 Carrots.	2 small Cauliflower.
$\frac{1}{2}$ pint green Peas.	3 pints of Water.
1 teaspoonful of Sugar.	Salt and Pepper.

Method.—Place the meat in a saucepan, with the water and salt, and skim it carefully as soon as it boils. Wash the vegetables and cut them up very small, break the cauliflower into sprigs. Put all the vegetables except the cauliflower and peas into the boiling liquor, and cook gently 2 hours; add pepper, sugar, peas, and cauliflower, and cook half-an-hour longer. Remove the mutton and serve separately if liked.

(26)

BROWN SOUP.

1 oz. Butter.	2 ozs. Flour.
1 small Onion (sliced).	4 Cloves.
1 quart Stock (hot).	1 Carrot (sliced).
12 Peppercorns.	1 tablespoonful Ketchup.
1 teaspoonful of Worcester Sauce.	Gravy Colouring.
	$\frac{1}{2}$ teaspoonful of Salt.
	$\frac{1}{4}$ teaspoonful of Pepper.

Method.—Melt the butter, and when hot put in the vegetables, and fry them brown, add cloves, peppercorns, and stock. Simmer till vegetables are tender, then rub all through a sieve. Put the soup back in the saucepan. Mix flour smoothly with the ketchup, Worcester sauce, colouring, pepper and salt; add it to the soup when boiling. Boil five minutes.

(27)

LENTIL SOUP.

$\frac{1}{2}$ lb. Red Lentils.	1 teaspoonful Salt.
1 oz. Butter.	1 Turnip (peeled and sliced).
1 Carrot (scraped & sliced).	1 Onion (peeled and sliced).
$\frac{1}{4}$ teaspoonful Pepper.	3 pints cold Water.
1 oz. Flour.	$\frac{1}{2}$ pint Milk.

Method.—Wash the lentils well, melt butter in a saucepan, put in the vegetables and fry about 5 minutes. Add the cold water, and allow the soup to simmer for $1\frac{1}{2}$ hours ; add to it the pepper and salt ; rub it all through a wire sieve, and return it to the saucepan, bring it to boiling point. Mix the flour and milk smoothly together, pour into the boiling soup, and boil 5 minutes.

(28)

PEA SOUP.

$\frac{1}{2}$ pint split Peas.	1 Carrot.
3 pints cold Water.	1 teaspoonful dried Mint.
2 Onions.	1 stalk of Celery.
1 Turnip.	$\frac{1}{4}$ teaspoonful Pepper.
1 teaspoonful Salt.	1 oz. Flour. $\frac{1}{2}$ pint Milk.

Method.—Wash the peas and soak them in cold water one night, drain them, place them in a saucepan, with the water, and bring them to boiling point. Peel the onions and turnip, scrape the carrot and celery, wash and slice them, add them to the peas, and cook slowly for 2 hours. Add pepper and salt, and rub all through a wire sieve. Return the soup to the saucepan, and bring to boiling point. Mix the flour smoothly with the milk, pour it into the boiling soup. Boil 5 minutes.

(29)

MUTTON BROTH.

2 lbs. Mutton.	2 quarts of Water.
2 Carrots.	Salt.
2 Turnips.	1 oz. Barley, or crushed
2 Onions.	Tapioca.

Method.—Cut away as much fat as possible from mutton, cut into neat pieces, put in a saucepan, cover with cold water. Allow it to come to the boil, then skim well. Prepare all the vegetables, cut into neat slices, add to soup, also barley and salt. Allow all to cook gently. Remove bones, cut meat into slices, serve hot.

(30)

STOCK.

Stock is the water in which any kind of meat has been cooked. No kitchen should be without a "stock pot." If a brown stew jar be used for this purpose, it should be emptied out every two days, and fresh vegetables added. An iron pot must be emptied out every day.

Any odd bits of bone, skin, gristle, or meat may be put into the stock pot, also the stalks of mushrooms. Add a little turnip, carrot, onion, celery, a dozen peppercorns, and six cloves. Keep the meat covered with water, and allow it to stew gently, and skim occasionally. This stock may be used for all kinds of soup and gravy.

FISH.

TO CHOOSE FISH.

Fresh fish may be known by the brightness of the eyes and gills, and the firmness of the flesh. When the fish is flabby, and the odour offensive, the fish is not fit for food. Thorough cleansing and cooking of fish are essential to its wholesomeness. Fish is only good when in season.

STEAMED FISH.

For this method of cooking fish a steamer will be required. Keep the water under the steamer boiling continuously all the time the fish is cooking, otherwise there will not be sufficient force of steam, and the fish will be sodden.

Steamed fish loses less in weight and flavour than boiled fish, but takes longer to cook.

BAKED FISH.

Place the fish to be cooked in a buttered tin, sprinkle over a little lemon juice, and cover with a buttered paper, to keep in the flavour of the fish. Bake in a moderately hot oven so that the fish will not be dried up.

BOILED FISH.

Have sufficient boiling water to cover the fish, allow one tablespoonful of salt to every two quarts of water and a dessert spoonful of malt vinegar, simmer gently from 20 to 30 minutes according to the size of the fish (allow about 10 minutes to the pound). When the skin of the fish presents a curdled appearance it is ready. Take it out of the water, and drain well before serving.

FRYING.

The best medium for frying is Hugon's Refined Beef Suet. There are two methods, called, "wet frying and dry frying" Dry frying is cooking in a shallow pan with a small quantity of fat. Wet frying is cooking in a saucepan or fish kettle half full of fat, or with sufficient fat to cover what you are frying, you must be careful to see that the fat is quite hot before putting anything into it. It should be quite still and a smoke rising from it. If the fat is used before it is hot enough, it will not brown what you put into it, and it will be sodden and greasy instead of being dry and crisp. If the fat bubbles or makes the slightest noise, you may be quite sure it is not hot enough to use.

The fat will last for many months if you are careful not to burn it. It should also be strained each time after using.

(31)
SALMI OF COD FISH.

1 lb. raw Cod (flaked).	6 Oysters.
4 Anchovies (boned, scalded,	2 Hard-boiled Eggs.
pepper and salt, and finely	Lemon Juice.
chopped).	2 raw Yolks
2 Tablespoonsful of Cream.	

Method.—Line a flat dish with rough puff pastry and ornament the edge, lay on the cod and oysters, add the liquor, salt and pepper, and lemon juice, cut the hard-boiled eggs in slices and lay on the top. Mix together the cream, raw eggs, and anchovies, pour over the fish and bake 30 minutes.

(32)
SURTOU^T OF SOLE.

1 Sole.	6 ozs. Bread Crumbs.
2 Eggs.	Pepper and Salt.
Lemon, Cayenne.	$\frac{1}{2}$ oz. Butter.
4 oz. Mushrooms (chopped).	

Method.—Skin the sole and trim it, roll in flour, egg, crumbs and fry. Make a stuffing of remainder of ingredients and spread over the sole, brown in the oven, garnish with whipped white of egg and lemon.

(33)
FISH PUDDING.

1 lb. of any cold White Fish	$\frac{1}{2}$ lb Picked Shrimps.
1 $\frac{1}{2}$ ozs. Butter.	1 oz. Flour.
1 Gill Fish Stock.	1 Gill Milk.
Pepper and Salt.	Essence of Anchovy.
	Brown Bread Crumbs.

Method.—Flake the fish and place in a pie dish, then a layer of shrimps, pepper and salt, melt 1 oz. of butter in a saucepan, stir in the flour, add stock and milk by degrees, put in a little pepper and salt and a few drops of anchovy.

Boil 2 minutes, pour the sauce over the fish, sprinkle over the brown bread crumbs. Place $\frac{1}{2}$ oz. of butter on the top in small pieces; place in oven for 15 minutes.

(34)
FISH A LA BECHAMEL.

1 lb. Cod Fish or Halibut.	Lemon.
$\frac{1}{2}$ pint Milk.	1 $\frac{1}{2}$ ozs Flour.
1 $\frac{1}{2}$ ozs. Butter.	1 gill Cream.

Method.—Carefully bone the fish, and divide in small pieces warm it in the sauce. Dish inside a border of mashed potatoes, garnish with yolk and white of hard-boiled egg

(35)
SOLE A L'AURORE.

1 Sole.	A little Veal Stuffing.
3 Hard-boiled Eggs.	$\frac{1}{2}$ oz Butter.
$\frac{1}{2}$ pint White Sauce.	Lemon Juice.

Method.—The sole must first be skinned and trimmed, then make an incision down the centre and raise the fillets and fill with the stuffing. Butter a dish, lay the sole on it, put the $\frac{1}{2}$ oz. of butter in small pieces on the top, cover with a buttered paper and bake 20 minutes. Pour the sauce over the top and garnish in strips with the yolks and whites of the eggs (put separately through a wire sieve).

(36)

FILLETS OF SOLE WITH MUSHROOMS.

Method.—Cook the Fillets in the oven with a little butter, and cover with buttered paper. Make stock of the trimmings, add a little onion, carrot, parsley and sweet herbs, strain off and thicken with butter and flour, and add one dozen Button mushrooms, one yolk, 2 Tablespoons of cream. Place the fillets on a hot dish, pour round the sauce and garnish with lemon and parsley.

(37)

FISH SALAD.

Method.—Cover the bottom of a dish with cold fish, flaked, add a layer of sliced cold potatoes, beetroot, celery, and season with pepper and salt, throw over a few sliced gherkins and a macedoine of vegetables. Mask with mayonnaise and garnish with chopped gherkins, hard boiled eggs, beetroot and the green celery tops.

MAYONNAISE DRESSING FOR SALAD.

3 raw Yolks.	$\frac{1}{2}$ pint Salad Oil
1 teaspoonful of (mixed) mustard.	3 tablespoonsful of Malt Vinegar.
1 teaspoonful of Tarragon Vinegar.	A few drops of Chili Vinegar. 1 teaspoonful of salt.
	$\frac{1}{4}$ teaspoonful pepper.

Method.—Place yolks in a basin and mix in with a wooden spoon the oil drop by drop (the oil must be put in slowly or it will separate), then add vinegars and seasoning. If put in a bottle will keep good a long time.

(38)

SALMON CUTLETS.

$\frac{1}{2}$ Tin Salmon or $\frac{1}{2}$ lb. Cold Salmon.	$\frac{1}{2}$ oz. Butter. 1 oz. Flour
1 gill Milk or Fish Stock. Pepper, Salt and Lemon Juice.	1 Dessert spoonful of Cream. 1 Egg 4 tablespoonsful Bread Crumbs.

Method.—Melt the butter in a small saucepan, stir in the flour and add milk by degrees, bring to the boil and boil two minutes; add cream, pepper, salt and lemon juice, and salmon (broken in small pieces), turn on to a plate to cool. When cool form into cutlets, dip in beaten egg, then in crumbs, and fry a golden brown in Hugon suet.

(39)

LOBSTER CUTLETS.

1 Lobster or 1 small tin of Lobster.	$\frac{1}{2}$ gill milk. $\frac{1}{2}$ gill Cream.
A little Lobster Spawn.	Pepper and Salt.
Cayenne and Lemon juice.	A little Essence of Anchovy.
1 Egg.	4 tablespoonfuls of Crumbs,

Method.—Prepare as for Salmon Cutlets and serve hot.

(40)

OYSTER PATTIES.

1 doz. Patty Cases.	1 doz. oysters.
1 oz. Butter.	1 oz. Flour.
1 gill milk.	$\frac{1}{2}$ gill cream.
A few drops of Lemon Juice.	Salt Cayenne. Pepper.

Method.—Beard the oysters and scald the beards in the liquor. Strain. Cut each oyster in two. Make a sauce with the butter, flour, milk and cream, boil well; add oyster liquor, oysters, lemon juice and seasoning, make hot, and fill patty cases, serve hot or cold.

(41)

ASPIC OF LOBSTER.

3 gills of Aspic Jelly.	1 Fresh Lobster.
	Any Salad in season.

Method.—Melt half the Aspic Jelly and pour on a flat dish, when set, cut out in rounds, dish in a circle on Salad. Chop remainder of jelly, place in centre, and garnish with feet of the lobster.

(42)

SALMON AND TOMATO SAUCE.

2 Thick Salmon Stakes.	2 ozs. butter.
1 tablespoonful of Parsley.	Pepper and Salt. $\frac{3}{4}$ pint Tomato Sauce.

Method.—Grease a baking-tin with part of the butter, place on the salmon and put remainder of butter on the top. Sprinkle over the parsley, pepper and salt. Cover with greased paper and bake twenty-five minutes. Dish up and pour round Tomato sauce.

(43)

LOBSTER SALAD.

1 Fresh Lobster or Tin of Lobster.	2 Lettuces.
$\frac{1}{2}$ Cucumber.	1 Bunch of Watercress.
A little Mustard and Cress.	$\frac{1}{2}$ lb Tomatoes
Pepper and Salt.	
2 Hard-boiled Eggs.	

Method.—Form a border with the small leaves of the lettuce and put a little watercress between. Slice tomatoes, eggs and cucumber, and shred remainder of lettuce and cress. Arrange in alternate layers in the centre of the dish. Garnish with claws of the lobster, a few slices of tomatoes and egg. Serve with cream dressing.

(44)

CREAM SALAD DRESSING.

3 Eggs, boiled hard..	1 teaspoonful Mustard.
1 gill thick Cream.	3 tablespoonsful Malt Vinegar.
1 teaspoonful of Sugar.	$\frac{1}{2}$ teaspoonful of Pepper.
	1 teaspoonful of Salt.

Method.—Place yolks in a basin and beat with a spoon until quite smooth, add sugar, mustard, salt, pepper and cream by degrees, add vinegar.

(45)

SOLE À LA CRÈME BLANCHE.

1 Lemon Sole	1 oz. Butter.
$\frac{1}{2}$ oz. Flour	3 tablespoonsful Milk.
Pepper. Salt.	A few drops of Lemon Juice.
1 gill Fish Stock	1 gill Whipped Cream.

Method—Fillet Sole Melt Butter in a saucepan, add flour, stir in milk, add pepper and salt, lemon juice and fish stock. When boiling put in fillets and simmer 10 minutes. Place the fillets carefully on a hot dish, add the cream to the sauce and when just about to boil pour over the fish

(46)

SOLE À LA ROUENNAISE.

Stuffing.	2 oz. Tinned Lobster.
$\frac{1}{2}$ oz. Butter.	1 teaspoonful of Flour.
2 tablespoonsful of Milk.	Pepper. Salt.
Lemon Juice.	1 Lemon Sole (Filleted).

Method.—Melt butter in a small saucepan, stir in flour, add milk and bring to the boil, put in seasoning and chopped lobster. Place on a plate to cool. Divide the stuffing into four parts, put a portion on the end of each fillet and roll up. Place on a greased baking tin. Cover with a greased paper and bake fifteen minutes.

SAUCE.

1 oz. Butter.	1 oz. Flour.
$\frac{1}{2}$ pint Milk.	$\frac{1}{2}$ gill Fish Stock.
Pepper and Salt.	1 teaspoonful of Parsley.
	1 Yolk.

Method.—Melt butter in a pan, stir in flour, add fish stock and milk by degrees, bring to the boil, put in parsley, pepper, salt, and yolk of the egg; thicken, pour over the fillets and serve.

(47)

FILLETS OF SOLE WITH OYSTERS.

1 Large Sole Filleted	2 doz. Oysters.
2 Yolks.	1 Tablespoonful Cream.
1 oz. Butter.	$\frac{3}{4}$ oz. Flour.
Pepper Salt. Cayenne.	Lemon Juice.
$\frac{1}{2}$ pint of Stock made from the skin and bones of the fish	

Method.—Cut each fillet in two pieces, place them in a well buttered tin with pepper, salt, and lemon juice. Cover with greased paper and bake 10 minutes. Scald oysters in their liquor and strain them. Make a sauce with butter, flour stock, boil 3 minutes, season, add cream and yolks. Dish fillets in a circle, place oysters in centre, add liquor from fish to sauce and pour round.

(48)

STEWED EELS.

2 or 3 Eels.	1 pint good Stock.
3 small Onions.	Pepper. Salt
1 doz. Button Mushrooms (cut in pieces)	1 oz. Butter. 1 oz. Flour
Rind $\frac{1}{2}$ Lemon.	1 Wine glass Port.

Method.—Make a sauce with the flour, butter, stock, add seasoning, boil, put in chopped lemon rind, mushrooms, and eels cut in pieces. Simmer gently until tender, place fish on a hot dish, boil up sauce, skim well, add wine and pour over the eels, serve with fried croûtons.

(49)

FILLETS OF SOLE WITH GHERKIN SAUCE.

Fillets of Sole rolled and baked in buttered tin and covered with buttered paper, $\frac{1}{2}$ pint good white Sauce, add 1 yolk and four chopped gherkins.

(50)

CUTLETS OF COD FISH.

3 Slices of Cod (cut in two and remove skin and bone).	2 Tablespoonsful of Seasoned Flour.
1 Tablespoonful of Parsley (chopped).	4 Tablespoonsful of Bread Crumbs.
	1 Egg

Method.—Wash and dry fish, dip in flour, and then in egg, mix parsley with crumbs and cover fish with them. Fry a golden brown in hot fat or Hugon's Suet.

(51)

FISH CAKES.

1 lb. Cold Fish.	1 lb. Cold Potatoes (mashed).
1 Tablespoonful of Parsley (finely chopped).	$\frac{1}{4}$ Teaspoonful of Pepper.
1 Egg (beaten).	1 Teaspoonful of Salt.

	4 Tablespoonsful of Bread Crumbs.
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Method.—Remove all the skin and bones from the fish and mix it with the potatoes, parsley, pepper, salt; form the mixture into small cakes, cover with egg and bread crumbs. Fry a golden brown in hot fat.

(52)

BAKED HERRINGS.

4 Fresh Herrings.	1 Gill Vinegar.
1 Gill Water.	8 Peppercorns.
$\frac{1}{4}$ Teaspoonful Salt.	2 Cloves.
	$\frac{1}{4}$ Teaspoonful of Pepper.

Method.—Cleanse the herrings and take out the back bone; season with salt and pepper; roll them up, place them in a pie dish, pour over the vinegar and water, put in the cloves and peppercorns, and bake in moderate oven 25 minutes.

(53)

KEDGEREE.

$\frac{1}{2}$ lb. Cold Fish.	$\frac{1}{4}$ lb. Rice (boiled).
2 Eggs (1 hard-boiled).	1 $\frac{1}{2}$ ozs. Butter.

Salt and Pepper.

Method.—Remove skin and bones from the fish and break into flakes. Place the butter in a pan, and when melted stir in the fish and rice, pepper, salt, and the hard-boiled white (chopped); add the remaining egg well beaten, stir over the fire until very hot, pile the mixture on a hot dish; rub the hard-boiled yolk through a sieve and sprinkle it over the kedgeree; garnish with parsley.

(54)

RUSSIAN FISH PIE.

6 ozs. Rough Puff Pastry.	2 Hard-boiled Eggs.
1 lb. Cooked White Fish.	4 tablespoonsful of Cold White Pepper.
Salt.	Cayenne.
Sauce.	
Lemon Juice.	

Method.—Roll out the pastry in a square. Flake the fish and place it in the middle of the pastry, lay the eggs (cut in slices) on the fish. Season with pepper, salt, and sprinkle over a little lemon juice, put the sauce between the fish to moisten. Brush the edges of the pastry and fold up like an envelope. Turn upside down on a greased tin, mark across the top of pastry in diamond marks with a knife and glaze with egg, bake in hot oven twenty-five minutes.

(55)

FISH PATTIES.

6 ozs. Cold Fish.	$\frac{1}{2}$ pint Good White Sauce.
$\frac{1}{2}$ lb. Rough Puff Pastry.	

Method.—Mix the fish with the sauce, add a little essence of anchovy. Line some pastry pans with the pastry, place some of the fish mixture in each, cover with another piece of paste. Make a hole in the top, brush over with beaten egg, and bake in hot oven twenty minutes. The same quantities may be used with lobster or salmon in place of cold fish.

(56)

BAKED HADDOCK.

1 Haddock.	1 Egg.
2 tablespoonsful Bread Crumbs.	3 tablespoonsful of Veal stuffing.

Method.—Wash the fish, dry it and take out the eyes, place the stuffing inside the fish and sew it up, curl the fish round and truss it; brush it over with egg and sprinkle over the crumbs; place in a dripping tin and bake in a moderate oven half-an-hour. Baste it frequently with Hugon's suet or dripping.

(57)

TIMBALES OF WHITING.

2 Whiting.	1 oz. Butter.
$\frac{1}{4}$ pint Milk.	2 Eggs.
1 oz. Flour.	$\frac{1}{2}$ teaspoonful of Salt.
$\frac{1}{4}$ teaspoonful of Pepper.	A few drops of Lemon Juice.

Method.—Take all the fish from the bones and rub it through a wire sieve. Melt the butter, add flour, milk; boil, then add fish, eggs, salt, pepper and lemon juice. Mix all thoroughly, then add a little cream; pour into well greased dariole moulds, cover with greased paper, and steam twenty minutes; turn out and serve with white sauce.

(58)

FILLETED SOLE A LA ROUEN.

1 Sole (Filleted).	Salt. Pepper.
$\frac{3}{4}$ oz. Flour.	1 oz. Butter.
$\frac{1}{2}$ pint Milk.	2 doz Picked Shrimps.

SHRIMP STUFFING.

$\frac{1}{2}$ oz. Flour.	2 ozs. Picked Shrimps.
$\frac{1}{2}$ oz. Butter.	$\frac{1}{2}$ gill Milk.
1 tablespoonful cream.	A few drops of lemon juice and Essence of Anchovy.

Make thick sauce with $\frac{1}{2}$ oz butter, flour and $\frac{1}{2}$ gill milk, boil, put in cream, essence of anchovy, pepper and salt, lemon juice and two oz. picked shrimps.

Method—Place on each fillet a portion of the shrimp stuffing, fold the other half over, place on a buttered tin with a little salt, pepper and lemon juice, cover with buttered paper,

and bake ten minutes. Put on a hot dish and pour over the sauce, made by melting the butter in a pan, add the flour and milk, boil well; add salt and pepper. Garnish the dish with the shrimps which have been warmed in a little butter.

(59)

MOCK WHITEBAIT.

1 Sole.	1 lb. Hugon refined Beef Suet.
Pepper.	Salt.
Lemon Juice.	2 oz. Flour.

Method.—Fillet the sole and cut in strips the size of whitebait. Season the flour with a little pepper and salt, and squeeze a few drops of lemon juice on the fish, put the flour on a sheet of paper, and toss the strips of fish as quickly as possible in it. Turn the fish into a frying basket and sift away all the flour, place in the hot fat and fry quickly a pale brown. Drain and serve on a D'oyley with slices of lemon and parsley, also serve with it thin slices of brown bread and butter.

(60)

FISH SCALLOPS.

1 lb. cooked Fish.	$\frac{1}{2}$ pint of good white Sauce.
1 dozen Oysters.	Brown Bread Crumbs.

Method.—Remove the fish from the bones and flake it in pieces, put into scallop shells, put an oyster in each shell and pour over a little of the sauce (hot). Sprinkle over the brown bread crumbs and bake 10 minutes.

(61)

POTTED LOBSTER.

1 Fresh Lobster or small tin of Lobster.	3 ozs. Butter.
	Pepper. Salt. Cayenne.
A few drops of Essence of Anchovy.	1 teaspoonful of Lemon Juice

A little thick cream.

Method.—Pound lobster, add half the butter, season to taste with pepper and salt, add lemon juice, essence of anchovy, a pinch of cayenne and moisten with a little cream or more butter. Press into small pots, and pour over the remainder of butter (clarified). Set in cool place. Salmon could be used in place of lobster.

DAINTY ENTREES.

(62)

SALMI OF OX TAIL.

1 Ox Tail.	$\frac{3}{4}$ pint Bovril Stock.
1 oz. Flour.	$\frac{1}{4}$ oz. Glaze (melted).
Gravy Colouring.	Pepper. Salt.
1 small Onion.	4 Cloves. 12 Peppercorns.
1 tablespoonful of Mushroom Ketchup.	$\frac{1}{2}$ gill Sherry.

Method.—Dip pieces of tail in seasoned flour and fry in a little butter with the onion sliced, add peppercorns, cloves, seasoning, and stock, and stew gently 4 hours. Take care to skim well. Remove the tail, strain the stock, thicken with the flour; add ketchup colouring and boil 5 minutes, put in pieces of tail to get quite hot; add wine and serve. Garnish with mashed potatoes, put through a rose force, pink and white, and parsley.

(63)

POULET AU TOMATO.

1 Chicken boiled in stock or water until tender (jointed and skinned).

SAUCE.

$\frac{1}{2}$ lb. Tomatoes.	$\frac{1}{2}$ pt. White Stock (or water in which chicken has been boiled).
1 small Onion.	
1 oz. Butter.	
1 oz. Flour.	Pepper. Salt.
$\frac{1}{2}$ teaspoonful of Sugar.	A few slices of Bacon.

Method.—Slice tomatoes and onion and fry gently in the butter for 3 minutes, pour over stock and simmer gently half-an-hour; rub through wire sieve, thicken with flour; add seasoning, boil and pour over chicken. Cut rind from bacon and roll up, place on a skewer and cook 10 minutes in hot oven; put bacon round.

(64)

FILLETS OF BEEF A LA NEAPOLITAINE.

2 lbs. Steak (cut thick).	1 Egg.
3 oz. Butter.	$\frac{1}{2}$ lb. Mushrooms.
3 tablespoonsfuls Bread Crumbs.	Sauce. $\frac{1}{2}$ pint Brown Sauce.
2 lbs. Potatoes (mashed).	2 tablespoons Red Currant Jelly.
1 oz. Cooked Ham.	1 pinch sweet Herbs.
1 tablespoonful of Grated Horseradish.	1 dozen Peppercorns.

(Simmer all 20 minutes strain and use.)

Method.—Cut steak in round, egg, crumb, and fry them in two ounces of butter. Peel and chop mushrooms, and fry for few minutes in 1 oz. butter. Make a border of potatoes, stand the fillets round, fill the centre with the mushrooms and pour round the above sauce.

(65)

SALMI OF COLD GAME.

Any kind of cold game remove the skin and joint.

Sauce.	$\frac{1}{2}$ oz. Butter.
$\frac{1}{2}$ oz. Flour.	Pepper. Salt.
Lemon Juice.	1 gill Brown Stock.
1 gill Port Wine.	A small piece of Eschalot or Onion.

Method—Make a sauce simmer for a few minutes, add the game, simmer 10 minutes and serve with fried croûtons

(66)

FRIED SWEETBREADS.

Blanch Sweetbreads and let them get cold. Cut in slices roll in Egg and Bread Crumbs and fry a golden brown in hot fat.

Method.—The sweetbreads may be served on a puree of spinach, or dished with vegetables in centre and served with either brown or white sauce.

(67)

FRICASSED SWEETBREADS.

1 pr. Sweetbreads.	6 Peppercorns.
3 Cloves	1½ ozs Butter.
¾ oz Flour.	1 gill Stock.
1 gill Milk.	1 gill Cream.
Pepper. Salt.	2 Yolks

Method.—Blanch sweetbreads and press them between two plates. Cut in slices, make a sauce with the butter, flour, stock, milk, cream; boil, add a little salt and pepper. Stew sweetbreads in it 20 minutes; add yolks and serve.

(68)

FRENCH CHICKEN PIE.

1 Chicken.	1 lb. Veal.
½ lb. Mushrooms.	1 oz. Butter.
½ pint Jelly Stock.	Veal Bones.
Force-meat Balls.	Balls of Sausage meat fried.
Salt, Pepper.	

Method.—Cut chicken in neat joints, and dip in seasoned flour, also veal cut in pieces and rolled in the flour. Place these in a pie dish. Fry the mushrooms in the butter, add salt and pepper, put in the meat and lay in the balls of sausage and forcemeat, pour over the stock, cover with rough puff pastry and bake 1½ hours.

(69)

MUTTON CUTLETS A LA SOUBISE.

5 or 7 Cutlets.	1 Egg.
4 tablespoonful of Bread Crumbs.	3 lbs. Mashed Potatoes.
1 oz. Flour.	1 oz. Butter.
½ gill Cream.	½ pint Milk.
Pepper and Salt.	2 large Onions, boiled, drained, and chopped finely.

Method.—Trim cutlets and cut them all one size. Cover with egg and crumbs. Fry a golden brown in hot fat, and serve on the mound of potatoes. Make a sauce with butter, flour, and milk, boil; add cream, onions, and salt, and pepper; serve with cutlets.

(70)

VEAL OLIVES.

1½ lbs. Fillet of Veal.	½ lb. Cooked Ham.
¼ lb. Veal Stuffing.	1 oz. Flour.
¾ pint of Stock.	Pepper. Salt.
	1½ ozs. Butter.

Method.—Cut the veal in thin slices and on each slice place a piece of ham nearly the same size. Place a portion of the stuffing in each piece, roll up and tie with string. Roll the olives in a little flour and fry them gently in the butter until they are a pale brown. Thicken the stock with the flour, add salt, pepper, and a few drops of gravy colouring, boil up, put in the olives and stew gently 1 hour. Garnish with lemon and parsley.

(71)

MUTTON CUTLETS (PLAIN).

2 lbs. best end of Neck of Mutton.	1 Egg.
1 lb. Mashed Potatoes	3 tablespoonfuls of Bread Crumbs.
	½ pint of Brown Sauce.

Method—Saw the chine bone from the neck of mutton, then take about 1 inch off the ends. Divide the cutlets, flatten them, trim neatly, dip in beaten egg, roll in bread crumbs, drop in hot fat and fry 5 minutes. Dish round mound of mashed potatoes and serve with brown sauce.

(72)

BEEF STEAK STUFFED WITH OYSTERS

½ lb. Steak (1½ inches thick).	2 doz. Oysters.
Cayenne.	Mace. Pepper and Salt, 1 oz. Butter.

Method.—Make a slit in the steak like a bag, season the oysters with pepper, mace and cayenne. Place them in the steak and sew it up. Broil the steak in the usual way. Place on hot dish, put on the butter, warm the oyster liquor and pour round.

(73)

STEWED KIDNEYS WITH MUSHROOMS,

4 Sheep's Kidneys.	$\frac{1}{2}$ lb. Mushrooms.
1 oz. Butter.	$\frac{3}{4}$ oz. Flour.
$\frac{1}{2}$ pint Bovril Stock.	Pepper. Salt.
1 tablespoonful Mushroom Gravy Colouring.	
Ketchup.	

Method.—Cut the kidneys in slices and fry in the butter a few minutes, mix flour and stock together, add seasoning, ketchup and colouring, boil up and pour over the kidneys, simmer gently one hour, fry mushrooms and add just before serving.

(74)

VEAL AND HAM PIE.

2 lbs. Veal.	$\frac{1}{2}$ lb. Cooked Ham.
3 Hard-boiled Eggs.	Pepper. Salt.
$\frac{1}{2}$ pint Jelley Stock.	$\frac{1}{2}$ lb. Flaky Pastry.

Method.—Cut veal in thin slices, put a piece of ham on each slice and roll up, lay in a pie dish. Season with salt and pepper, cut eggs in slices and lay on the top, pour over the stock. Cover with pastry and bake $1\frac{1}{2}$ hours.

(75)

GALANTINE OF FOWL.

1 Fowl.	2 Hard-boiled Eggs.
$\frac{3}{4}$ lb. Sausage Meat.	6 oz. Tongue.
6 oz. Ham.	Pepper. Salt.
1 $\frac{1}{2}$ Pints Second White Stock.	Glaze. Aspic Jelly.

Method.—Bone a large fowl, lay flat on a board. Spread on half the sausage meat, season with salt and pepper, put on some slices of hard-boiled egg and strips of tongue and ham, put on remainder of sausage meat and sew up with fine string, roll in a clean cloth. Bring the stock to boiling point, put in the boned fowl and simmer very gently about two hours. When nearly cold tighten the cloth and press between two dishes, with weights on the top. When cold remove the cloth, glaze it all over, dish on a border of lettuce and cress, and garnish with chopped aspic jelly. Another way, use a good white sauce instead of glaze.

(76)

ROAST BONED FOWL.

Method—Proceed as for Galantine of Fowl, leaving in the wings, bones and leg bones. Truss into shape like an ordinary roast fowl, and bake in a moderately hot oven about $1\frac{3}{4}$ hours according to the size. Serve hot with curled bacon, bread sauce, and brown gravy.

(77)

CHAUDFROID OF CHICKEN.

1 Chicken (boiled, skinned and jointed).	Salad.
Bunch of Watercress	2 Lettuces.
2 Hard-boiled Eggs.	4 Tomatoes.
2 ozs. Butter.	Sauce.
$\frac{1}{2}$ pint Milk	2 ozs. Flour.
$\frac{1}{2}$ gill Aspic Jelly or White Jelly Stock.	1 gill Cream.
	Salt.
	Pepper.

Method—Make a sauce by melting the butter in a saucepan, stir in flour, add milk by degrees, put in cream, jelly, salt and pepper, boil well, dip pieces of chicken in the sauce and drain on a sieve. Arrange salad on a flat dish, pile high in the centre and dish chicken on the salad, garnish with hard boiled eggs.

(78)

VEAL CAKE.

4 Eggs Hard-boiled.	slices of ham and Veal
Pepper. Salt. Stock.	(chopped).
1 oz. Butter.	2 teaspoonsful of Parsley (chopped).

Method.—Cut the eggs in slices, butter a plain mould or basin, and press on some slices of the eggs, fill up with ham, veal, parsley and (season with salt and pepper) eggs in layers. Fill up with stock and cover with a paste of flour and water, and bake two hours; remove the paste and take off the fat, press the meat down lightly with a spoon, add a little more stock with isinglass dissolved in it. When cold turn out and arrange on a salad.

(79)

JUGGED HARE.

½ lb. Forcemeat (rolled into balls and fried).	1 Hare
Pepper	2 tablespoonsful of Flour (seasoned).
1 Onion stuck with 6 Cloves.	1 Pint Stock.
3 ozs. Butter.	Rind of 1 Lemon.
1 doz. Peppercorns.	1½ ozs. Flour.
	½ pint Port Wine.

Method.—Wipe the hare with a clean damp cloth, but do not wash it. Cut in neat joints and roll in the seasoned flour, fry in the butter. Place the hare in a stew pan or jar, put in onion, peppercorns, lemon rind, salt and pepper, cover closely and stew gently from two to three hours or until the hare is tender. Take out the pieces of hare and strain the gravy, then thicken with the flour, boil two minutes, put in pieces of hare, forcemeat balls and wine. Serve red currant jelly with it.

(80)

BROWN SALMI OF CHICKEN.

1 Chicken (skinned and cut in joints).	½ lb. Mushrooms.
2 ozs Butter.	1 oz. Flour
1 teaspoonful of Bovril.	¾ pint Brown Stock.
Gravy Colouring.	1 teaspoonful Mushroom Ketchup.
	3 tablespoonsful Sherry.

Method.—Fry joints of chicken in the butter, place in a stew pan, mix flour smoothly with the stock, add salt, pepper, colouring and ketchup, pour into frying pan and boil up, strain it into stew pan, add mushrooms and stew gently one hour, just before serving put in the wine. Arrange the chicken on an entrée dish, mushrooms in the centre and gravy round, garnish with lemon and pastry.

(81)

FRICASSEE OF CHICKEN.

1 Chicken.	Peppercorns.
1 Blade Mace.	Pepper.
Salt.	1 Anchovy.
1 Onion.	½ pint stock.
1 oz. Butter.	¾ oz. Flour.
1 gill Cream.	2 Yolks.
Juice ½ Lemon.	1 teaspoonful Mushroom Powder.

Method.—Parboil the chicken and skin it, cut it in neat joints, place them in a stew pan with the stock, peppercorns, mace, onion, salt, pepper, mushroom powder, and anchovy. When tender take out the chicken and strain the stock, thicken with flour, boil two minutes, add yolks and cream and pour over the chicken.

(82)

PIGEONS STEWED WITH GREEN PEAS.

3 Pigeons.	$\frac{1}{4}$ lb. Bacon (in slices).
1 pint Green Peas.	1 oz. Butter.
1 oz. Flour.	$\frac{3}{4}$ pint Stock.
Pepper	Salt
	$\frac{1}{2}$ teaspoonsful of Sweet Herbs.

Method—Clean the pigeons and cut them into four pieces, fry the bacon and place it in a stew pan. Fry the pigeons in the bacon fat and place them with the bacon. Mix flour smoothly with the stock and add pepper, salt, and herbs, pour into the frying pan and stir. Pour all into a stewpan and simmer until tender, dish peas in the centre.

(83)

BOILED CALF'S HEAD.

1 Calf's Head.	1 Egg.	Brown Bread Crumbs.
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Method.—Put the head into boiling water and let it remain about 1 hour; clean it thoroughly, rubbing with a little salt to extract the blood; put the head into a saucepan of warm water; and let it simmer for about 3 hours, according to size. When sufficiently cooked, place on a dish, brush over with beaten egg, and sprinkle well with bread crumbs; put in the oven for about 15 minutes; serve with brain sauce.

BRAIN SAUCE.

Brains.	1 tablespoonful of chopped
1 oz. Flour.	Parsley.
$\frac{1}{2}$ pint Milk.	$\frac{1}{2}$ pint Liquor from the head.
Salt Pepper.	

Boil the brains for three quarters of an hour, then chop finely; melt butter in a pan, add the flour and stir until quite smooth, then, add the milk and liquor, stir and boil well, add parsley, brains, salt, and pepper, boil up and serve.

(84)

VEAL A LA BOURGEOISE.

3 lbs. Neck of Veal.	2 ozs. Butter.
4 slices of lean Bacon.	1 bunch of young Carrots.
1 small bunch of young Onions.	1 teaspoonful sweet Herbs (tied in muslin).
1 blade of Mace.	Pepper and Salt.
1 pint Stock made from the trimmings.	1 pint young Peas.
	1 lb. small young Potatoes.
	1 tablespoonful Ketchup.

Method.—Cut the veal into neat cutlets and fry in the butter on both sides; put in the bacon, carrots, onions, herbs, mace, pepper, and salt, and cook gently $1\frac{1}{2}$ hours. Skim well, boil peas and potatoes with mint and when cooked add them to the veal, put in the ketchup and serve hot.

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(85)

PLANQUETTE OF VEAL.

1 lb. Fillet of Veal	$\frac{3}{4}$ pint White Stock.
1 oz. Flour.	Pepper
Salt.	1 tablespoonful of Sherry.
$\frac{1}{2}$ gill cream.	2 teaspoonsful of Parsley.
Lemon Juice.	Peppercorns and Cloves.

Method—Cut veal into piece sone inch square, place it in a sauce pan with $\frac{1}{2}$ pint of stock, pepper, salt, peppercorns and cloves; when boiling skim well and let it simmer one hour, strain, return to pan, mix flour smoothly with remainder of stock, pour into pan and boil gently two minutes. Mix yolk and parsley with cream, make it very hot and serve. Baked tomatoes (small) round the dish and parsley between.

RULES FOR ENTREES.

Entrées require great care in preparation, and tasty garnishing and serving.

Be careful not to over garnish, as this makes Entrées look heavy.

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MEATS.

GENERAL REMARKS ON MEAT.

In choosing, ox beef is the best, and if young and freshly killed, the lean will be smoothly grained, interlined with fat, of a bright red. The fat white. The ribs, sirloin, chine, and rump, are the proper joints for roasting. The best steaks are cut from the middle of the rump. The inside, or under cut of sirloin make the most delicate and tender steaks.

VEAL should be fat, finely grained, white, firm, and not over-grown. If too large it is apt to be coarse and tough. The flesh should be dry ; if it is moist and clammy it is stale and not fit for cooking. The fillet, shoulder, and loin, are the best roasting joints.

MUTTON.—Wether Mutton is the best and should be small boned, plump and finely grained, the lean of a dark rather than of a bright hue, and the fat pure white. When it is yellow, the meat is rank and of bad quality. All the joints of a sheep may be roasted ; the leg, shoulder, and loin, are the best.

LAMB should be small, pale coloured, red, and fat, lamb is generally roasted.

PORK should be chosen carefully, as ill bred pork is most unwholesome. The fat and the lean should be very white the latter finely grained, the rind thin, smooth and cool to the touch, if clammy the pork is stale and should be rejected.

ROASTING.

The general rules for roasting are as follows —First wipe the meat, then weigh it, allow quarter of an hour for each pound, and quarter of an hour over. In roasting meat our first aim is to retain the gravy. It is therefore, necessary to place the joint close to the fire for the first 10 minutes ; this hardens the albumen at the outside and forms a casing so that the gravy cannot escape. The joint must then be removed further away from the fire, in order that it may cook slowly and that the meat may be tender.

BAKING.

If the meat is to be baked, it must be put into a very hot oven at first for the same reason, and afterwards the heat of the oven should be reduced. Meat to be baked should be placed on a grid, as if allowed to lie in the fat it would become sodden. Gravy should never be poured over roast meat, as it destroys the crispness of it. All roast meat requires well basting to prevent it shrinking.

BOILING.

The principle of boiling is much the same as roasting, only the meat is cooked in a moist heat instead of a dry heat.

The meat must be placed in boiling water, which should be allowed to boil quickly for 10 minutes to form a casing in order to keep in the juices of the meat, which should afterwards be allowed to simmer very gently till tender. Allow twenty minutes to each pound of meat and twenty minutes over. The water in which meat has been cooked should be kept for soup.

BROILING.

Broiling is cooking on a gridiron, over a very clean fire. The gridiron should be greased before putting on the meat to prevent it sticking. It should be placed rather near the fire at first, to form a casting on each side, it should then be held some distance off and turned very frequently to make it tender. This is the most wholesome way of cooking meat.

STEWING.

Stewing is the most economical way of cooking meat, it needs only a small fire (or a simmering burner on a gas stove) and when once brought to simmering point, it needs little attention. A small piece of meat goes a long way if stewed with vegetables, and none of the nutriment is lost, and it is retained in the gravy. A very tough piece of meat may be made tender by gentle stewing. "Cook for a long time and cook very gently" is the best motto for a good stew.

(86)

SPICED BEEF.

6 lbs. Brisket of Beef.	1 bunch of Herbs.
2 Carrots.	12 Peppercorns.
1 Turnip.	1 teaspoonful of Ground Mace.
1 Onion.	Glaze.
	1 teaspoonful of Ground Cloves.

Method.—Take salt beef for this and rub the mace and cloves well into the meat and take out the bones, and bind the meat with strong tape, put the meat into a saucepan of hot water with the vegetables and other ingredients and simmer gently for about 3 hours or until tender. Remove the meat from the water and press between two boards with a heavy weight on the top and leave it until cold, then remove the tape and glaze the beef, when the glaze is set place the meat on a dish and garnish with lettuce and sliced tomatoes.

(87)

BREAST OF LAMB WITH GREEN PEAS.

Breast of Lamb.	1 oz. Butter.
1 oz. Flour	Sprig of Parsley.
1 Onion.	Salt.
Pepper.	1 $\frac{1}{2}$ pints Green Peas.
	Second Stock.

Method.—Remove the skin from the breast and some of the fat, cut it into neat pieces; melt the butter and fry the meat which has been covered with the flour, also the parsley, salt and pepper, stew gently half an hour. Skim off the fat then add the peas, and simmer until they are tender. Arrange the meat on a dish and pour the gravy and peas over it.

(88)

STEWED STEAK AND ONIONS.

1 $\frac{1}{2}$ lbs. of Shoulder Steak.	2 large Spanish Onions.
$\frac{1}{4}$ pint Water.	Salt
Pepper.	$\frac{1}{2}$ teaspoonful of Bovril.

Method.—Place the steak in a stew jar with the onions on the top, add the water, Bovril, salt and pepper, cover the jar and stew slowly in the oven about two hours. The steak should be cut in pieces and the onions in slices.

(89)

HARICOT MUTTON.

1 $\frac{1}{2}$ lbs. Neck of Mutton	2 Onions (sliced).
2 Carrots (cut in small pieces)	1 oz. Flour
1 Turnip (sliced)	1 oz. Butter.
$\frac{1}{4}$ teaspoonful Pepper.	$\frac{3}{4}$ pint water
	1 teaspoonful Salt.
	1 tablespoonful Mushroom Ketchup.

Method.—Wipe the meat with a clean damp cloth and cut it into neat pieces; if there is too much fat, remove it. Put the butter in a saucepan, and when melted, put in the meat and brown it, remove it on to a plate. Fry the onion in the butter, mix the flour smoothly with the cold water, add pepper, salt, and ketchup; pour it into the pan and stir till boiling, put in the meat and vegetables and stew gently two hours. Dish meat in circle, vegetables in the centre of a hot dish and gravy round.

(90)

IRISH STEW.

2 lbs. Neck of Mutton.	2 or 3 Onions.
2 lbs. Potatoes (parboiled).	$\frac{1}{2}$ teaspoonful Salt.
$\frac{3}{4}$ pint water.	$\frac{1}{4}$ teaspoonful Pepper.

Method.—Divide the meat into neat pieces, and cut away some of the fat. Put a layer at the bottom of a stewpan, then a layer of potatoes sliced, and a layer of onions sliced, sprinkle over a little pepper and salt, add another layer of meat, then another of potatoes, and so on until the pan is full, leaving potatoes for the top layer. Pour over the water and simmer 1½ hours. The pan should be kept closely covered.

(91)

HOT POT.

Method.—Proceed as for Irish Stew, but putting ingredients into a pie dish, and baking in the oven instead of stewing over the fire. Cold meat may be used instead of fresh meat.

Proper dishes can be obtained in which the Hot Pot is served.

(92)

STUFFED STEAK.

1 lb. of Stewin Steak (cut thinly in one slice).	1 oz. Butter.
3 tablespoonsful of Bread Crumbs.	1 dessert spoonful of Parsley (chopped).
$\frac{1}{2}$ teaspoonful Flour.	1 tablespoonful of Hugon's Refined Beef Suet (finely shaved).
$\frac{1}{2}$ teaspoonful Salt.	$\frac{1}{2}$ teaspoonful Sweet Herbs.
$\frac{1}{2}$ pint water.	$\frac{1}{2}$ an Egg (beaten)
2 teaspoonsful Ketchup.	Gravy Colouring.

Method.—Place bread crumbs in a basin with the parsley, herbs, suet, half the salt and pepper and the egg. Mix all well. Put the stuffing on one end of the steak, roll it up neatly and tie with string. Melt butter in a stew pan, put in the steak and fry a nice brown. Mix flour smoothly with cold water, add ketchup and remainder of salt and pepper, and a little gravy colouring; pour into the pan, stir till boiling, simmer very slowly for two hours.

(93)

GALANTINE OF VEAL.

About 4 or 5 lbs. Breast of Veal. 3 Hard-boiled Eggs (cut in slices).

Pepper. Salt.

$\frac{3}{4}$ lb. Cooked Ham. 1 lb. Sausage Meat.

Glaze. Boiling Water or Second Stock.

Method.—Lay the veal out flat on a board, season with pepper and salt, cover with $\frac{1}{2}$ lb. sausage meat, lay over half the eggs and slices of ham; put on remainder of sausage meat, ham and eggs, season with salt and pepper, roll up and tie or sew the rolled veal in a cloth, place in boiling water or stock. Simmer very gently until tender, about one and a half to two hours, press, when done remove cloth and cover with glaze, dish on a border of lettuce and watercress and ornament with tomatoes or aspic jelly.

(94)

MOCK DUCK.

Shoulder of Mutton and some Sage and Onion Stuffing

Method.—Bone the Shoulder of Mutton and fill the spaces with stuffing, fasten with skewers and string, roast for about one hour and a half, according to the size, and serve with thick gravy.

(95)

TO BROIL CHOPS OR STEAKS.

1 teaspoonful Worcester sauce.	Chops or Steak.
$\frac{1}{2}$ teaspoonful Salt.	$\frac{1}{4}$ teaspoonful Pepper.
	$\frac{1}{2}$ oz. Butter.

Method.—See that the fire is very clear and hot, grease the bars of the gridiron and make it hot, place on it the chops or steak, put over the fire and allow to remain one minute, then turn to the other side; it should then be turned very often for five or seven minutes, according to thickness. Place on a hot dish, add butter, pepper, salt and the sauce.

(96)

BEEF STEAK PUDDING.

1½ lbs. Steak from the Buttock.	1 teaspoonful Flour. 1½ gills Stock.
1 teaspoonful Salt.	¾ lb. Suet Pastry
	¼ teaspoonful Pepper.

Method.—Cut the steak into thin pieces, mix together the flour, pepper and salt; dip each piece of meat in it and roll up with a small piece of fat in each. Line a basin with two-thirds of the pastry, put in the meat, pour in the stock, cover with remainder of the pastry. Cover the pudding with a greased paper or a floured cloth, and steam for 2½ hours.

(97)

BEEF STEAK PIE.

2 lbs. Beef Steak from the Buttock.	1 tablespoonful Flour. 1 teaspoonful Salt.
¼ teaspoonful Pepper.	½ pint of Stock.
¼ lb. Ox Kidney.	½ lb. Rough Puff Pastry.

Method.—Cut the meat in thin slices, mix together the flour, salt, and pepper, roll each slice of meat in it, and then roll up with a small piece of fat in each. Place the rolls in a pie-dish, cut up the kidney and place it on the top, put in the stock, cover the pie with the pastry and ornament it. Bake in a moderately quick oven about 2 hours. When the pastry is brown enough put it in a cooler part of the oven to cook the meat and place a piece of kitchen paper over it; more gravy should be added when the pie is cooked.

(98)

SAUSAGE PUDDING.

6 ozs Suet Pastry.	¾ lb. Sausage (scalded).
1 small Onion (minced).	½ teaspoonful Salt.
½ teaspoonful Sage.	½ oz. Butter.
¼ teaspoonful Pepper.	½ gill Stock.

Method.—Line a small basin with half the pastry and put in half the sausage; add pepper, salt, and sage. Fry the onion in the butter, add flour and stock; boil 2 minutes, allow to cool, pour into basin; add remainder of sausage, cover with remainder of parsley. Cover the pudding and steam it $1\frac{1}{2}$ hours.

POULTRY AND GAME.

(99)

One of the simplest tests in choosing poultry and game is to feel the end of the breast-bone; when the bird is young this is gristle and bends easily, when old it is quite firm. The feet will be pliable when young. For roasting, choose fowls with black legs, for boiling the legs should be white.

(100)

ROAST FOWL.

Method.—Truss a fowl nicely and place a piece of fat bacon on the top for basting purposes or use Hugon's refined beef suet. Cook in a moderately hot oven about an hour. Serve with bread sauce, gravy, and nicely cooked bacon, and garnish with slices of bacon and parsley.

(101)

BOILED FOWL.

Method.—Truss it, and wrap the fowl in a cloth, boil it from $\frac{3}{4}$ of an hour to $1\frac{1}{2}$ hours according to the age and size, serve with oyster, celery, or white sauce. Boiled ham or bacon may be sent to table with it, or it may be garnished with rolls of bacon.

(102)

BOILED RABBIT.

Method.—Boil the rabbit gently from an hour to an hour-and-a-half according to its size. Serve onion sauce with it and pickled pork. The pickled pork should be cooked with the rabbit.

(103)

STEWED RABBIT.

1 Rabbit.	1 oz. Butter.
1 oz. Flour.	$\frac{3}{4}$ pint Stock or Water.
3 Onions (sliced)	1 teaspoonful Salt.
$\frac{1}{4}$ teaspoonful Pepper.	1 teaspoonful Sweet Herbs.
2 tablespoonsful Mushroom Ketchup.	

Method.—Wash the rabbit, cut it in neat pieces, and dry it. Place the rabbit in a stew-pan. Fry the onions in the butter, and place them with the rabbit; mix together the flour, stock, sweet herbs, and ketchup, put in pepper and salt and pour it into the frying pan, stir till boiling; pour it over the rabbit, and stew till quite tender—about 2 hours.

(104)

RABBIT PIE.

1 lb. Steak.	1 Rabbit (cleansed and jointed)
1 teaspoonful Salt.	2 Eggs (boiled hard).
1 teaspoonful Flour.	$\frac{1}{2}$ teaspoonful Pepper.
$\frac{1}{2}$ pint Stock.	$\frac{1}{2}$ lb. Pastry.
3 tablespoonsful Veal Forcemeat rolled into balls and fried.	

Method.—Cut the steak into thin slices and place a little piece of fat in each slice, and roll it up; then roll each piece in flour and place them in pie dish. Sprinkle on half the salt and pepper, put in the pieces of rabbit and forcemeat balls and season with salt and pepper, and put the hard-boiled eggs on in slices. Pour in the stock, cover with pastry and ornament. Bake $1\frac{1}{2}$ hours in moderately quick oven.

(105)

ROAST RABBIT.

1 Rabbit.	3 tablespoonsful bread crumbs
1 tablespoonful Parsley (chopped).	$\frac{1}{2}$ teaspoonful pepper.
$\frac{1}{2}$ teaspoonful Salt.	1 Egg.
A little Chopped Thyme or a teaspoonful of Mixed Herbs.	$1\frac{1}{2}$ ozs. Hugon's Refined Beef Suet.

Method.—Wash the rabbit and dry it. Mix together the remainder of the ingredients, place them in the rabbit and sew it up. Make an incision at the back of the legs and draw

forward. Thread a trussing needle with fine string, insert it at the end of the leg, then in the end of the shoulder, pass it through the body and through the shoulder and leg at the opposite side, draw out the needle and tie the string firmly. Pass the needle through the shoulder blade, draw back the head, and pass the needle through the opposite shoulder blade and tie firmly. Roast the rabbit in a moderately hot oven for $1\frac{1}{4}$ hours, basting continually with dripping or bacon fat. Serve with thickened gravy.

(106)

ROAST DUCK.

1 Duck.	Some Sage and Onion Stuffing.
1 oz. Flour.	1 Apple.
1 Onion.	$\frac{1}{4}$ lb. Gravy Beef and $1\frac{1}{4}$ pints Water.

Method.—Stuff the duck with force meat and truss it nicely, roast about $1\frac{1}{2}$ hours. Make the gravy by stewing the giblets in the water with the beef, onion, apple, pepper and salt for three hours, strain, thicken with the flour, pour a little gravy round the duck and serve the remainder in a boat. Hand apple sauce with it.

(107)

ROAST HARE.

1 Hare.	$\frac{1}{2}$ lb. Fat Bacon.	Veal Stuffing.
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Method.—Skin the hare, clean it thoroughly and take out the eyes, skin the ears and tail carefully, fill the inside with veal stuffing and sew it up. Truss the hare by bringing the hind and fore legs close to the body towards the head. Fasten with a skewer, fix the head between the shoulders and keep it in place with a skewer, put the hare on a dripping tin, cover with slices of bacon, place in a hot oven and baste frequently. Roast from two to two and a half hours. Serve with red currant jelly and thick brown gravy.

(108)

PHEASANTS.

Method.—Should be well hung, trussed like a fowl, place on a dripping tin with a little bacon fat or beef dripping, put in a hot oven and cook about an hour, basting frequently. Serve with bread sauce.

(109)

ROAST GROUSE.

Grouse.	Slices of Toast
Game Stuffing.	Dripping.

Method.—Let the birds hang for some time, pluck and draw but do not wash. Place some stuffing inside, truss like a fowl. Roast in a hot oven about forty minutes, baste well. When cooked take out the string and put the bird on a piece of buttered toast. Serve with bread sauce.

(110)

PARTRIDGES.

Method.—Truss the same as pheasants, cook in a hot oven about forty-five minutes, baste frequently; serve with fried crumbs and bread sauce.

(111)

ROAST HAUNCH OF VENISON.

Method—Cover the fat of the haunch with a sheet of well greased paper, and over that a cold water paste about $\frac{1}{2}$ an inch in thickness, then cover the haunch with well greased paper.—This is to preserve the fat. Roast or bake it, same as for meat, and half-an-hour before serving remove the paper and paste, dredge with flour and well brown it. Serve with brown gravy and red currant jelly.

VEGETABLES.

Care should be taken that they are fresh looking and crisp. With the exception of artichokes, which are said to be improved by two or three days keeping, all the summer varieties should be dressed before their freshness has in any degree passed off, for their flavour is never so fine as within a few hours of their being gathered.

(112)

TO BOIL POTATOES.

Method.—If boiled in their skins, scrub them perfectly clean and put them into a saucepan with sufficient boiling water to cover them. Add a little salt and boil gently for about half-an-hour or more until nearly tender, but not quite. Then pour the water away, peel the potatoes, replace them in the saucepan, sprinkle salt over them, cover them with a cloth and put the lid on the saucepan, and let them stand on the stove to finish cooking in their own steam. If cooked without skins, pare them thinly and treat them in the same manner. Pour off the water when they are nearly tender and finish cooking them in their own steam. If the potatoes are all one size, and cooked according to the directions, they will be perfectly dry and floury.

(113)

BAKED VEGETABLES.

Method.—Tomatoes and mushrooms cook very well in the oven, potatoes are excellent cooked in this way, beetroot has a fine flavour if baked, but requires gently cooking.

(114)

FRIED POTATOES.

Method.—These may be cut in slices, strips, or small fancy shapes. Throw them as they are cut into cold water to remove the outside starch. Before frying dry them well in a cloth—nothing wet will fry crisp. Fry them in hot fat (Hugon's refined suet) and cook for about 8 or 10 minutes. Then remove the potatoes and make the fat quite hot again. Plunge the potatoes in and fry a golden brown colour.

(115)

FRIED POTATOES SOUFFLES.

Method—Cut the potatoes in thin slices, lengthwise $\frac{1}{8}$ inch in thickness throw them into cold water and then dry them with a cloth. Put them in hot fat (Hugon's suet) that has not quite risen to frying point and let them cook in this 7 minutes. Then remove them and let them get cold. Heat the fat to frying point, put the potatoes in again, they will then inflate like small balloons and become a golden brown. All potatoes do not answer equally well in making this dish.

(116)

SPINACH.

Method.—Pull off the stalks and wash the Spinach in several waters to remove the grit, if young put it in a saucepan without any water but that which adheres to the leaves after it has been washed. If old just put into boiling water with salt. Cook with the lid off the saucepan until tender, stir it occasionally, then turn into a colander to drain; when dry chop it very finely, put it in a saucepan with $1\frac{1}{2}$ ozs of butter and a little cream, add a dash of pepper and a teaspoonful of salt. Cook five minutes. Stir constantly to prevent burning. Serve either in a vegetable dish or in the centre of a dish with chops round.

(117)

BEETROOT.

Method.—Wash the roots thoroughly, taking care not to scrape or cut them, throw them into boiling water with salt in it, and cook from 1 to $2\frac{1}{2}$ hours, according to their age and size; when cooked rub off the skin and cut into slices. Beetroot may be served cold with vinegar poured over or mixed with salad. Beetroot has more flavour if baked in a slow oven.

(118)

GREEN PEAS.

Method.—The flavour of peas, and also the time required for cooking them depends very much upon their freshness. Put them in salted boiling water, and do not cover the saucepan; boil fifteen to twenty minutes or until soft enough. Drain off the water, add a little salt and butter. Mix in the seasoning carefully with a fork, so as not to break the peas. A little sugar improves them. When tinned peas are used turn them into a sieve and rinse them with cold water (this will remove the taste of the tin they sometimes have); then place them in a saucepan with about 2 ozs. of butter, and shake well over the fire until they are quite hot.

(119)

POTATOES BAKED WITH MEAT.

Method.—Pare the potatoes, and place them in the dripping pan with the meat one hour before the meat is to be removed. Baste them with dripping and turn so that all sides will be browned.

(120)

ASPARAGUS TIPS.

Method.—Cut the Asparagus Stalks into pieces about an inch long, and as far down as tender. Cook them in salted boiling water until tender. Drain and stir into them just enough white sauce to well coat them.

(121)

BOILED CABBAGE.

Method.—Cut the cabbage into good sized pieces, take of the outside leaves and cut away the hard core. Wash it well in two changes of water, and place the pieces open side down on a colander to drain. Have a very generous amount of water in a large saucepan or pot, let it boil violently; add a tablespoonful of salt and one quarter teaspoonful of baking soda; put in the cabbage, one piece at a time, so as to check the boiling as little as possible. Let it cook for twenty-five minutes uncovered and boiling rapidly all the time. Push the cabbage under the water every five minutes. Turn it into a colander and press out all the water. Put into a saucepan one tablespoonful of butter, a large teaspoonful of flour, half a teaspoonful of salt and a dash of pepper; add slowly one-half teacupful of milk, and stir until boiling; then add the cabbage. Cut into large pieces with a knife and mix it lightly with the sauce. If the cabbage is free from water the sauce will adhere to it and form a creamy coating.

(122)

BRUSSELS SPROUTS

Method.—Remove any withered leaves from the outside of the sprouts, and stand them in cold salted water for twenty minutes. Put the sprouts into salted rapidly boiling water, and cook uncovered for twenty minutes, or until tender, but not until they lose their shape. Drain them thoroughly in a colander, then toss them in butter, pepper and salt.

(123)

CAULIFLOWER.

Method.—Trim off the outside leaves and cut the stalk even with the flower. Let it stand upside down in cold salted water for fifteen minutes to draw out any insects there may be in it. Put it into a quantity of rapidly boiling salted water, and cook

it uncovered about twenty minutes or until tender, but not so soft as to fall to pieces. Serve with a white sauce; or it may be served as a garnish to chicken, sweetbreads, etc., the little bunches being broken off and mixed with white sauce.

(124)

STUFFED POTATOES.

Method.—Select potatoes of uniform size and shape, wash and scrub them well and bake them. While they are still hot, cut a piece off the top of each, and with the spoon scoop out the potato, leaving the skin unbroken. Mash and season the potato, using a little butter and hot cream or milk, beat well to make it light. Fill the potato skins with the mashed potato, letting it rise a little above the top of the skin. Place a piece of butter on the top of each, and put them in the oven to get well heated and slightly brown the tops.

(125)

ASPARAGUS.

Method.—Scrape the stalks; let them stand in cold water for half-an-hour; tie them again into a bundle and make them uniform in length; put them into salted boiling water and cook about 20 minutes or until tender, but not so soft as to be limp. Serve with the asparagus, but separately, plain melted butter or a white sauce.

(126)

CELERY STEWED.

Method.—Cut the celery into pieces about 4 inches long. Boil in salted water until tender; drain and mix with a white sauce.

(127)

MACEDOINE OF VEGETABLES.

Method.—Cut a carrot and a turnip into half-inch dice, or with small vegetable cutters cut them into fancy shapes or into small balls. Mix them in about equal proportions with green peas. String beans, cut into half-inch lengths, and small pieces of cauliflower. The vegetables should be boiled separately and well drained before being put together, and when prepared should be mixed lightly so as not to break

them, and season with butter, pepper, and salt. The macedoine may be used as a garnish for meat, or can be served separately in a vegetable dish. This mixture of vegetables may also be used for a salad. Sometimes the vegetables instead of being mixed together, are placed in separate piles around the meat or on a flat dish, and then give a good effect of colour.

(128)

ONIONS.

Method.—Put them in salted boiling water, and cook until tender; drain, and pour over them a white sauce, or melted butter, pepper and salt. If browned onions are wanted for garnishing, place them, after they are boiled tender, in a pan; sprinkle with salt, pepper and a little sugar, and put them in a hot oven to brown.

(129)

TURNIP TOPS.

3 lbs. Turnip Tops (picked and well washed in 3 waters).	1 oz. butter.
	Salt and Pepper.

Method.—Place the tops in boiling water, add a dessert-spoonful of salt, and a pinch of carbonate of soda; boil quickly with the lid of the pan off till tender (about twenty minutes), drain them well, and rub them through a wire sieve, return them to the saucepan, add pepper, salt and butter, stir till very hot and turn them into a hot dish.

(130)

HARICOT BEANS.

$\frac{1}{2}$ lb. Haricot beans.	1 tablespoonful Parsley
1 gill Milk.	(chopped)
$\frac{1}{2}$ teaspoonful of Pepper.	1 teaspoonful of Salt.

Method—Soak the beans for twelve hours in cold water with a pinch of soda, drain them. Place them in a pan of cold water and boil them gently three and a half hours, then drain them. Place butter, parsley, salt and pepper in a saucepan, add the milk and beans, and cook them fifteen minutes longer. Turn into a hot dish.

(131)

BROAD BEANS (BOILED).

Method.—Broad beans, to be nice, must be young and fresh, boil in the ordinary way; time about 20 minutes. They are best eaten with hot boiled bacon or ham; serve with parsley and butter sauce.

(132)

ARTICHOKES, JERUSALEM (BOILED).

Method.—Peel the artichokes, and throw them into cold water to prevent their turning colour. Put them into boiling water if young and boil from 15 to 20 minutes. Try them with a fork to see if they are tender, as, like potatoes, they spoil if they are the least overcooked. The water must be salted. Old artichokes must be placed in cold water, and allowed to boil till tender. Directly they are tender, drain them off and place them in a vegetable dish, and pour over them some white sauce.

(133)

SEA-KALE (STEWED).

Method.—Wash the sea-kale and tie it in bundles. Boil it in salted water for a quarter of an hour, then drain it and put it into a saucepan with as much brown gravy as will cover it. Stew gently till tender. Lay it in a hot dish, stir a little lemon juice into the sauce, and pour it over. White sauce may, if preferred, be served with sea-kale instead of brown sauce. Time to boil, twenty minutes or more, according to condition

(134)

TURNIPS, BOILED, OR MASHED.

Method.—When turnips are young they are best boiled whole. Put them into boiling salt and water. Time to boil, about 20 minutes. They can be placed round boiled meat alternately with boiled carrots. The turnips should be pared thinly, and thrown into cold water directly they are peeled. When turnips are old they must be mashed. Boil them till tender, after paring as before. The time to do this will vary from half-an-hour to two hours, according to the age. Mash them with a fork, and, if necessary, they can be rubbed through a wire sieve. When mashed, mix them up with a little butter; add pepper, and re-hot.

(135)

FRENCH BEANS (BOILED).

Method.—French beans should be young and freshly gathered. Take the beans and cut off the two ends, and peel off the string that runs down the edge of each side of the bean, one on each side; when young, they are best boiled whole; when more mature, they must be cut in strips; when old, cut slanting. Place in boiling salted water and cook until tender. Time from fifteen minutes for young beans to rather more if older. Drain thoroughly, and serve very hot. A little piece of butter may be added.

(136)

CARROTS (BOILED).

Method.—Wash and scrape, but do not peel them young. Carrots take twenty minutes to thirty minutes, according to size. Old carrots the longer the better.

(137)

HORSE-RADISH FOR GARNISH.

Method.—Horse-radish makes an excellent garnish for roast beef or rump-steak, as well as having the advantage of being eaten with it. It should be first thoroughly washed, and then scraped into thin white shavings.

(138)

VEGETABLE MARROW (STEAMED).

Method.—Vegetable Marrows are best when young. Peel the marrow, remove any seeds, cut it in quarters or half-quarters, according to size. Steam about thirty minutes or until tender. Drain and serve them on toast. Serve either butter sauce, or white sauce with it in a tureen.

TRIFLES.

(139)

RASPBERRY TRIFLE.

1 lb. Raspberries.	6 Sponge Cakes.
1 pint thick Custard.	$\frac{1}{2}$ pint Cream.
Essence Vanilla.	2 $\frac{1}{2}$ ozs. Sugar.

Method.—Sprinkle 2 ozs. sugar over the raspberries, cut the sponge cakes in slices, and put the cake and raspberries in layers in a glass dish, pour over the custard, whip-up the cream, add a few drops of vanilla and sweeten with the $\frac{1}{2}$ oz. of sugar; ornament with the cream.

(140)

SWISS TRIFLE.

1 $\frac{1}{2}$ pints Cream.	1 $\frac{1}{2}$ ozs. fine Flour.
7 ozs. Sugar.	Grated rind 1 Lemon.
Juice of 2 Lemons.	Jam. Ratafias.
Macaroons.	1 gill Sherry.

Method.—Mix flour smoothly with a little cream, hot the remainder and add the sugar and grated lemon rind, stir into the flour and cream and cook gently 5 minutes. When quite cold stir in the lemon juice, cover the bottom of a glass dish with ratifias, macaroons, and jam. Soak with the sherry, pour over half the cream; add more biscuits, jam, and sherry, cover with cream and ornament with cherries and angelica.

(141)

ORANGE TRIFLE.

3 1d. Sponge Cakes.	2 ozs. Ratafia Biscuits.
$\frac{1}{2}$ pint Cream.	1 oz. Sugar.
$\frac{3}{4}$ pint Orange Jelly.	$\frac{1}{2}$ pint Custard.
3 or 4 sweet Oranges.	$\frac{1}{2}$ oz. Angelica.

Method.—Cut the cakes into strips lay them in a glass dish, put in the biscuits, peel and divide the oranges in small pieces and take out the pips, lay them on the cakes, melt half the jelly and pour over, then pour over the custard, whip-up the cream to a stiff froth, stir in the sugar and flavour with the grated rind of 1 orange. Chop up the remainder of the jelly and ornament with the cream and jelly.

(142)

TRIFLE (GOOD).

4 Sponge Cakes.	6 ozs. Macaroons.
4 ozs. Ratafias.	3 tablespoonsful Apricot Jam.
3 tablespoonsful Raspberry Jam	2 ozs. Almonds (shredded)
1 Gill Sherry	1 gill Brandy
1 tablespoonful Castor Sugar	$\frac{3}{4}$ pint Thick Custard
	$\frac{1}{2}$ teaspoonful Essence of Vanilla

Method.—Cut each sponge cake in three slices, spread alternately with apricot and raspberry jam, cut them in strips after pressing the cakes together again, arrange in a glass dish with the macaroons and ratafias, sprinkle over the almonds, pour over the sherry and brandy, and then the custard. Whip up the cream stiffly, add the sugar and vanilla, colour half a pale pink with carmine, ornament the trifle with the cream put on with a rose forcer.

(143)

TRIFLE (PLAIN).

6 Sponge Cakes.	Raspberry Jam.
1 small packet Coombs' Custard Powder.	1 pint Milk.
	8 or 9 lumps of sugar.

Method—Cut sponge cakes in slices and spread with the jam, press the slices together again and cut each cake in three strips, arrange in a glass dish, moisten the custard powder with a little cold milk, boil the remainder with the sugar, add a pinch of salt, pour over the custard powder and stir briskly, then pour over the cakes and serve when quite cold.

(144)

APRICOT TRIFLE.

6 1d. Sponge Cakes.	$\frac{1}{2}$ tin Apricots.
$\frac{1}{2}$ pint Thick Custard.	$\frac{1}{2}$ gill Sherry
1 $\frac{1}{2}$ gills Cream.	1 dessertspoonful Castor Sugar.

Method—Cut the cakes in slices, arrange them in a glass dish, soak with the sherry, pour over the custard, arrange the apricots in a pyramid, whip up the cream, add the sugar, and ornament the top of the trifle, but do not cover the apricots entirely with the cream, or the effect is not so good. Instead of the sherry, use half the syrup from the apricots, and boil it with 1 $\frac{1}{2}$ ozs. of sugar for ten minutes, allow it to cool before pouring over the cakes.

(145)

BLANC MANGE.

2 ozs. Cornflour (Brown and Polsons).	2 ozs. Sugar.
	1 gill cream.
$\frac{3}{4}$ pint Milk.	Flavouring.

Method.—Moisten the cornflour with a little cold milk, boil the remainder with the sugar and cream, when boiling, pour on to the cornflour, stirring all the time, return to the pan and stir over a gentle heat about eight or ten minutes, then pour into a wet mould.

(146)

CHOCOLATE BLANC MANGE.

Method.—Proceed as above, and just before pouring it into the mould add two ounces of Cadbury's Cocoa Essence which has been cooked in a little milk. A variation of this is to colour one part pink and flavour it with fruit flavouring, and mould in alternate colours. N.B.—For a plain blanc marge use milk instead of the cream.

(147)

MERINGUES.

White of 3 Eggs.	8 ozs. Castor Sugar.
Essence of Vanilla.	A Flat Board.
Oiled Paper to cover Board.	

Method.—Cover the board with the oiled paper. Whip up the whites of the eggs to a stiff froth, stir in the sugar, add a few drops of Essence of Vanilla. Place in a forcing bag with a plain or fancy pipe, and force out in small rounds on to the paper. Sift some Castor sugar over the Meringues and dry in cool oven about three hours, then turn them over and scoop out all the soft part underneath and dry them again. Fill them with whipped cream, sweetened and flavoured with vanilla. These will keep quite crisp in a biscuit tin, if they are packed carefully after drying a second time.

(148)

APRICOT EGGS.

A few Tinned or Bottled Apricots.	Rounds of Sponge Cake.
$1\frac{1}{2}$ gills cream.	A little Apricot Syrup. $\frac{1}{2}$ oz. Castor Sugar.

Method.—Stamp the cake in rounds (rather larger than the apricot) about half-an-inch in thickness, place half an apricot on each round, pour over about one teaspoonful of the syrup, whip the cream stiffly, sweeten, and put a ring of cream round the apricot, so as to resemble a poached egg.

(149)

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COMPÔTE OF ORANGES.

Method.—Peel the oranges down to the pulp using a sharp knife, cut them in two crosswise. Remove with a pointed knife the core and seeds from the centre. Boil them one or two at a time, until tender, in a syrup with a little lemon juice added, and be careful to keep them in a good shape. Boil the syrup down until it threads and pour it over the oranges piled in a glass dish. Garnish with whipped cream and a crystallized cherry in the centre of each orange.

Syrup.—Allow one and a half cupfuls of sugar to one cupful of water. Stir it over the fire until the sugar is dissolved, bring to the boil and boil 5 or 6 minutes.

(150)

TIPSY CAKE.

Method.—Take a stale sponge cut it into 4 or 5 slices parallel with the bottom to keep shape of cake, afterwards spread a thin layer of jam, raspberry or apricot, lay carefully on top of each other. Take $\frac{1}{2}$ a pint of sherry and soak the cake well, then when soaked pour over the cake a rich custard; stick the cake all over with blanched almonds cut in thin strips.

(151)

GATEAU A LA NEAPOLITAN.

1 Swiss Roll.	$\frac{1}{2}$ pint thick Cream.
$\frac{1}{2}$ pint Sherry.	$\frac{1}{2}$ pint thick custard.
$\frac{1}{2}$ oz. crystallized Rose Leaves.	$\frac{1}{2}$ oz. Angelica. 1 dessert spoonful Sugar.

Method.—Soak roll in the sherry, pour over the custard, whip-up the cream stiffly; add sugar, and tint half a pale pink, use a bag and rose force to put on the cream, ornament with the angelica cut in the shape of leaves and sprinkle over the rose leaves.

(152)

RICE PYRAMID --A COLD SUPPER DISH.

1 teacupful of Rice.	3 pints Milk.
Salt.	1 gill Cream.
$\frac{1}{2}$ pint thick Custard.	3 ozs. Crystalized Fruits.
2 ozs. Sweet Almonds.	3 ozs. Sugar.

Method.—Place milk in a saucepan, flavour with a pinch of nutmeg and the rind of a small lemon, thinly cut; wash the rice and simmer it in the milk until it is thoroughly cooked, then stir in the sugar and a pinch of salt, turn it into a basin to get quite cold, then add the cream and custard, cut up the fruits and stir them in, put in the almonds (pounded). Serve in a pyramid in a glass dish

(153)

GATEAU DE PRUNES.

1 oz. Gelatine	3 ozs. sugar.
2 lbs. Prunes.	juice of 2 Lemons.
$1\frac{1}{4}$ pints water.	

Method.—Dissolve the gelatine in one gill of water. Stew the prunes in the remainder (first stoning them), add some of the kernels when the prunes are tender, add the sugar, lemon juice, and gelatine, pour into an oiled mould to set. Ornament with whipped cream, and pour a custard round.

(154)

CHARLOTTE RUSSE.

$\frac{1}{2}$ lb. Ratafias.	1 oz. Sugar.
$\frac{3}{4}$ pint Cream.	$\frac{1}{4}$ oz. Gelatine.
$\frac{1}{4}$ lb. Apricot Jam.	2 ozs. Cherries.
1 gill Sherry or $\frac{1}{2}$ gill Brandy.	$\frac{1}{2}$ gill Milk.
Essence Vanilla, Carmine.	

Method.—Oil a plain oval or round mould, put a row of biscuits close together round the mould with the flat part upwards, after the first row, dip each biscuit in the sherry and put a spot of apricot jam on each, do not put the biscuits one on the top of the other, but place the biscuits so as to form a basket work appearance, continue until the top of the mould is reached. Soak the gelatine in the milk for twenty minutes, then pour into a small saucepan and stir over a

gentle heat until it is dissolved. Whip the cream, add the sugar and half a teaspoonful of vanilla, stir in the gelatine, when it begins to stiffen place a little of it in the mould, add a few cherries and some of the jam, then add more of the cream and continue until the mould is full. Put in a cool place to set. Turn out carefully into a glass dish, and ornament with coloured cream.

(155)

JUNKET.

1 pint Milk (warmed). Pinch of Cinnamon.
 1 tablespoonful of Rennet. 2 tablespoonsful of Brandy.
 1 tablespoonful of Castor Sugar.

Method.—Mix all together in a deep glass-dish, and allow to set for two hours. When set cover with whipped cream and ornament with chopped Pistachio nuts.

(156)

GATEAU OF APRICOTS.

1 Sponge Cake (baked in a plain mould). 1 Bottle of Apricots.
 $\frac{1}{2}$ pint Cream.
 $\frac{1}{2}$ oz. Pistachio Nuts. $\frac{1}{4}$ lb Castor Sugar.
 $\frac{1}{4}$ lb. Dessicated Cokernut. Whites of 2 Eggs.
 Essence of Vanilla. $\frac{1}{2}$ oz. of Sugar.

Method.—Cut the inside out of the sponge cake, mix together the coker-nut, sugar, and whites of the eggs, and cover the sides of the cake with it; blanch and chop the pistachio, and sprinkle lightly over the cokernut. Fill the centre of the cake with the apricots, whip up the cream, add a few drops of essence of vanilla and the half ounce of sugar. Put the cream in a bag with a rose forceer attached, and squeeze out on the top of the cake in the shape of a rose. If some of the cream is coloured pink with a few drops of cochineal, a better effect will be given.

(157)

STEWED PEARS.

1 lb. Stewing Pears. 6 Cloves.
 4 ozs. Sugar.

Method—Peel the pears, cut them in quarters and take out the core. Place them in a stew-pan with sufficient water to cover them, add the sugar and cloves. Stew until quite tender, take out the pears boil up the syrup, strain it and colour a bright red with a little cochineal.

(158)

NORMANDY PIPPINS.

Method.—Soak the pippins in water overnight. Stew them gently for 2 or 3 hours in a little water, with sufficient sugar to make the juice a syrup, add a few strips of lemon peel, four cloves, and a small piece of stick cinnamon. When quite tender take them out, and place them in a glass dish, bring the syrup to the boil and colour it pink, pour over the pippins, and serve when cold.

(159)

BERLIN PUDDINGS.

Method. Bake a sponge cake mixture in dariole moulds, scoop out the centre of the cake when cold and brush the outside with apricot jam or red currant jelly and roll in cokernut or chopped pistachio nut. Soak each cake with two teaspoonsful of sherry, fill the inside with jam and ornament the top with whipped cream.

DIRECTIONS FOR MAKING CREAMS AND JELLIES.

To make a good cream it is necessary to have double cream that is, a thick cream that will whip-up to a stiff froth. Beat the cream with a wire whisk until it will stand on the end of it; this must be done in a cool place. The proportion of gelatine to allow for $\frac{1}{2}$ pint of cream is $\frac{1}{4}$ of an ounce; the gelatine must be first soaked for 20 minutes in $\frac{1}{2}$ gill cold milk, then pour it into a small saucepan and stir until the consistency of cream, do not allow it to boil as it will curdle. The gelatine must be added last of all. It should be stirred in thoroughly but quickly, and it is better to pour it through a strainer, it must be just luke-warm, if too hot it destroys the lightness of the cream and does not mix with it, but will run to the bottom of the mould where it will set like a layer of glue, if too cold it begins to set immediately and cannot be mixed with the cream. Pour the cream into a mould as soon as the gelatine is mixed with it, as it begins to set directly.

(160)

COLD SWEETS, CREAMS, JELLIES, TRIFLES, FTC.

HEDGEHOG SHAPE.

$\frac{1}{2}$ pint Cream.	$\frac{1}{2}$ pint Milk.
3 ozs. Ground Rice.	1 $\frac{1}{2}$ ozs. Sugar.
1 oz. Almonds (shredded).	1 Egg.
	Essence of Vanilla.

Method.—Put rice in a basin and mix to a smooth paste with a little milk. Boil the remainder of the milk and cream, and pour on to the rice. Pour into a saucepan and stir over the gas until it thickens, and the rice is thoroughly cooked. Stir in the sugar, add about half a teaspoonful of vanilla and the egg (well beaten); stir one minute longer over the gas, pour into a wet mould and put into a cool place to set, then turn out and stick the shredded almonds all over, and pour a custard round.

(161)

APPLE CUSTARD.

$\frac{1}{4}$ lb. Rice.	1 pint Milk.
$\frac{1}{4}$ lb. Sugar.	Yolks of 3 Eggs.
Grated Rind.	$\frac{1}{2}$ Lemon.
1 $\frac{1}{2}$ lbs. Apples.	$\frac{1}{2}$ gill Cold Water.

Method.—Cook rice in half the milk until tender, add to it one ounce sugar and place it in a glass dish. Stew apples with water, lemon rind and two ounces sugar, when tender place them on the rice. Make a custard with remaining ingredients, and pour over.

(162)

APPLE CREAM.

2 lbs. Apples.	2 Lemons.
6 ozs. Lump Sugar.	Carmine.
1 $\frac{1}{2}$ pints Water.	1 $\frac{1}{2}$ ozs. Gelatine.
Whipped Cream.	

Method.—Soak gelatine in half a pint of water, peel, core and cut up apples and place in a clean pan, add remainder of water, put in the rind of the lemons thinly pared and the strained juice. Cook until tender, pass through sieve, add gelatine melted, colour half the mixture with carmine, place in layers in an oiled border mould, and fill the centre with the cream.

(163)

WHITE CREAM.

$\frac{3}{4}$ oz. Gelatine.	1 gill Milk.
2 ozs. Sugar.	1 pint Double Cream.
1 teaspoonful Essence of Vanilla.	

Method.—Soak the gelatine in the milk for twenty minutes, then melt it. Whip the cream, add sugar, vanilla, stir in gelatine, when it begins to stiffen pour into a mould.

(164)

LEMON CREAM.

3 Lemons.	3 Eggs.
$\frac{1}{2}$ lb. lump Sugar.	$\frac{1}{2}$ pint Water.
	$\frac{1}{2}$ pint Gelatine.

Method.—Allow the gelatine to soak in the water for $\frac{1}{2}$ an hour with the rind of 2 lemons cut thinly, put these in a pan and allow the gelatine to melt. Beat the eggs well, add sugar and lemon juice, pour over these the melted gelatine (through a strainer), place all in a pan and let them heat up, but do not boil; pour into a mould.

(165)

STRAWBERRY CREAM.

$\frac{1}{2}$ pint Cream.	$\frac{1}{4}$ oz. Gelatine.
3 tablespoonsful of Strawberry Jam.	Carmine.
	A few drops of Lemon Juice.

 $\frac{1}{2}$ gill Milk.

Method.—Soak the gelatine in the milk for 20 minutes. Rub the jam through a wire sieve. Whip the cream, stir in the jam, lemon juice, a little carmine to tint a pale pink; melt the gelatine, strain it and mix with the cream, pour into an oiled mould.

(166)

GINGER CREAM.

$\frac{3}{4}$ oz. Gelatine.	1 gill Milk.
1 $\frac{1}{2}$ ozs. Sugar.	3 Yolks.
$\frac{1}{2}$ pint Milk.	$\frac{1}{2}$ pint Cream.
3 ozs. Preserved Ginger (cut in dice).	2 tablespoonsful Ginger Syrup

Method.—Soak gelatine in the milk for twenty minutes, boil the half-pint of milk and pour on to the yolks and sugar. Thicken over the fire, pour into a basin and add the gelatine melted, stir in the syrup, add the cream, and when it begins to stiffen put in the pieces of ginger and pour into a mould.

(167)

TANGERINE CREAM.

Boil eight oranges in water for one hour, cut them in half, pass juice and pulp through a fine sieve, add $\frac{1}{2}$ lb. castor sugar. Beat the yolks of three eggs and add them to the orange pulp, stir in one tablespoonful brandy, boil one pint cream and pour it over the other ingredients, stir the mixture all the time, add one oz. gelatine (dissolved), stir until nearly cold, then pour it into a mould.

(168)

STONE CREAM.

Apricot Jam.	Juice of 1 Lemon.
1 wineglass of Sherry.	1 Pint of Cream.
$\frac{1}{2}$ oz. of Gelatine.	2 ozs. of Sugar.
1 teaspoonful Essence of Vanilla.	

Method.—Spread sufficient jam to cover the bottom of a glass dish, pour over the lemon juice and sherry. Soak and melt the gelatine, boil the cream, add the sugar and vanilla. Soak the gelatine in a little milk, then melt and add the cream, when nearly cold pour carefully over the jam.

(169)

QUEEN MAB'S CREAM.

Thinly Peeled Rind of 1 Lemon.	6 Bitter Almonds (blanched).
Pinch Salt.	1 pint Milk.
$\frac{3}{4}$ oz. Gelatine.	2 ozs. Sugar.
5 Yolks.	$\frac{1}{2}$ Pint Cream.

4 ozs. Crystallized Fruits.

Method.—Soak the gelatine in one gill of the milk and then melt it. Place remainder of milk in a saucepan with lemon rind and almonds, and infuse for twenty minutes, then strain; add salt, sugar and cream, stir it on to the beaten yolks, thicken like a custard, add gelatine, pour it into a basin, stir occasionally when nearly set, cut up the fruits and mould them in.

(170)

CHOCOLATE CREAM (PLAIN).

6 ozs. Chocolate (Cadbury's)	1 oz. Sugar.
1 oz. Gelatine.	$1\frac{3}{4}$ pints Milk.
6 Yolks.	1 teaspoonful Essence Vanilla

Method.—Soak the gelatine in 1 gill milk, then melt it; cook the chocolate in 1 gill of milk until smooth. Make a custard with the remainder of the milk, yolks, and sugar, add vanilla; mix in the chocolate and gelatine. Pour into a mould and when set turn out and ornament with whipped cream.

(171)

COFFEE CREAM.

1½ pints Milk.	3 ozs. Sugar.
3 ozs. freshly roasted Coffee (whole).	6 Yolks.
	$\frac{3}{4}$ oz. Gelatine.

Method.—Boil the milk for ten minutes, put in the coffee and keep it hot for one hour. Beat the yolks and sugar and strain the milk into them, thicken; add the gelatine melted. Pour into a mould. For a richer cream use only four yolks, one pint of milk, $\frac{1}{2}$ pint of cream, and add the cream just before the gelatine.

(172)

LEMON SPONGE.

1 pint Water.	1 oz. Gelatine.
The rind of 1 Lemon.	$\frac{1}{2}$ lb. Lump Sugar.
The juice of 3 Lemons.	

Method.—Put in a saucepan the water, gelatine, lemon rind and sugar, let it simmer for half-an-hour, strain it through a sieve, and when nearly cold add the juice of the lemons and whisk it until it is quite white and thick. Pour it into a mould and let it set. A variation of this is to only half fill the mould with the sponge and then fill it up with jelly.

(173)

PINE APPLE CREAM.

1 tin Pine Apple.	6 ozs. Sugar.
1 pint Cream.	$\frac{1}{2}$ pint of Pine Syrup.
1 oz. Gelatine.	1 gill Milk.

Method.—Pound the pine in a mortar, add sugar and syrup, place in a saucepan and boil gently twenty minutes, then rub through a fine wire sieve. Soak the gelatine in the milk for twenty minutes, then melt it. Whip up the cream stiffly, mix gelatine with pine pulp and add quickly to the cream. Then pour in a mould.

(174)

AMBROTIA OF ORANGES.

Method.—Peel and slice six oranges and place in a glass dish; cut the peel of two oranges very thinly, and place it in a pan with one gill cold water, add four ounces Castor sugar. Cook until a syrup is formed, when cold strain it over the oranges, and put on top three-quarter pint whipped cream.

(175)

VELVET CREAM.

$\frac{1}{2}$ oz. Gelatine (soaked in 1 gill water).	2 ozs. Sugar.
Grated Rind of 1 Lemon.	1 wineglass of Sherry.
	$\frac{1}{2}$ pint of Cream.

Method.—Melt gelatine, stir in the sugar, lemon rind and sherry. Whip up the cream and stir in the gelatine, etc., pour into an oiled mould.

(176)

CHOCOLATE CREAM.

1 pint cream.	2 ozs. Sugar.
3 ozs. Chocolate (Cadbury's)	$\frac{1}{2}$ oz. Gelatine.
$\frac{1}{2}$ gill Milk.	1 teaspoonful Essence of Vanilla.

Method.—Soak the gelatine in the milk, then melt it. Grate the chocolate and place it in a saucepan, add two tablespoonsful of milk, and cook until the chocolate is quite smooth and a dark colour. Whip up the cream, stir in the chocolate when it is cold, add the gelatine, sugar and vanilla. Pour into an oiled mould and put in a cool place to set.

(177)

ITALIAN CREAM.

$\frac{1}{2}$ pint double Cream.	$2\frac{1}{2}$ ozs. castor Sugar.
Grated Rind $\frac{1}{2}$ Lemon.	Juice of 1 small Lemon.
	$1\frac{1}{2}$ ozs. Almonds (pounded).

Method.—Mix and stir until it begins to thicken, then tie it in muslin and put it to drain, turn into a glass dish and ornament with fruits; serve with finger biscuits.

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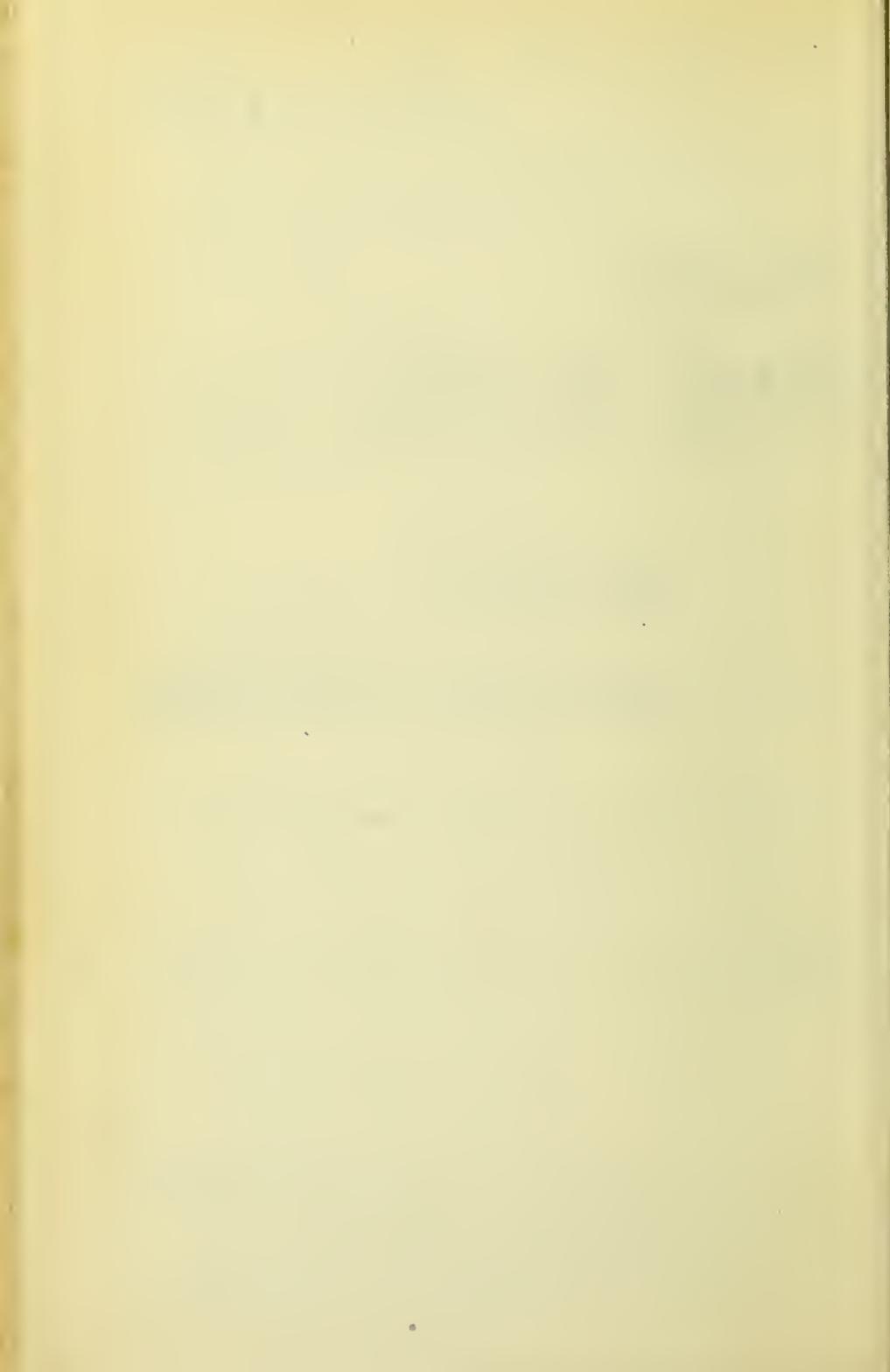
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JELLIES.

(178)

ORANGE JELLY.

The thin rind of 4 Oranges. $\frac{1}{2}$ pint Water.
 1 pint Orange Juice. 1 oz. Gelatine.
 $\frac{1}{4}$ lb. lump Sugar. Pinch Saffron.
 Whites and Shells of 3 Eggs.

Method.—Infuse the rind of the oranges in the water. Soak the gelatine in one gill of water for twenty minutes. Place in a copper or steel pan all the ingredients except the whites and shells of the eggs, these should be added when the sugar and gelatine are dissolved and the liquid warm, then whisk briskly until it boils. Allow it to boil up well, put on the lid and stand for twenty minutes, then strain through a jelly bag. A good effect is obtained by moulding quarters of tangerine orange so as to form a border when the mould is turned out.

POINTS TO OBSERVE IN MAKING JELLIES.

Have jellies perfectly transparent and brilliant. Use the right proportions so that the jelly will hold its form, but not too solid. Mould the jelly carefully.

GELATINE.

Allow 1 $\frac{1}{2}$ ozs. to a quart of liquid, it should be soaked in cold water for twenty minutes, then dissolved with the other ingredients. Treated in this way it will dissolve quickly, and be free from taste or smell. If soaked in warm water in a warm place it will have a disagreeable taste and odour, requiring much flavouring to overcome. In summer, or if the jelly will have to stand any length of time after it is unmoulded, it is better to use a little more gelatine.

TO CLEAR JELLIES.

Use the whites and shells (the shells well washed and crushed) of two or three eggs, add these to the liquid when the gelatine is dissolved and when it is just warm and whisk until it boils, boil up well and cover, stand twenty minutes and strain it twice, if necessary, through a bag. A piece of flannel laid over a sieve or strainer may be substituted for a bag if more convenient.

MOULDING FOR FANCY JELLIES.

Place the mould in a bowl containing cracked ice ; the jelly will then quickly harden. Have the mound perfectly even, so that the jelly will stand firm and straight when unmoulded ; also do not move the mould while filling, as jarring or shaking is likely to separate the layers and cause them to fall apart. Have the jelly cold, but not ready to set, or it will bake in bubbles of air and cloud the jelly. Pour in one layer at a time, and let it set before adding the next. Do not, however, let it become too firm, or it will not unite. To mould with fruit or flowers, or to suspend a bunch of grapes in the centre of a form, first pour into the mould a layer of jelly one-half inch deep, let it set, then place on it and arrange in good shape the bunch of grapes, leaving one-half inch or more space around the sides ; pour in another half-inch of jelly, but not enough to float the jelly ; when that has set, cut with scissors the grape-stem in many places, so that it will fall apart when served, then fill the mould with jelly. Any fruits or flowers can be put in the same way, care being used to add at first only just enough jelly to fix the ornaments, otherwise it will float out of place. Double mouldings can be used with good effect in sweet jellies, in combination with whipped jelly, blanc mange, coloured jellies, &c.

SERVING.

Jellies are improved by serving with them whipped cream, custard, or purée of fruits. It may be poured around, not over the jelly on the same dish. When a sauce is not used have a lace paper under the jelly. Jelly is more attractive when served on a glass dish.

MOULDS.

The best are copper and pot, if copper moulds are used clean them thoroughly, and rub a little salad oil inside with a piece of soft tissue paper, but do not use too much oil, or it will cloud the jelly. If a pot mould is used it should be filled with water and the water poured out just before the jelly is ready to mould.

TO UNMOULD JELLY.

Dip the mould quickly in warm water (not hot), wipe it dry, place the dish over the top of the mould, and turn them over together. If the jelly fails to slip out, rub the mould with a cloth wrung out of hot water. It takes only a low degree of

heat to melt jelly, and if too much is used the fine points and edges will be destroyed. Do not unmould jelly until it is time to serve it. Do not shake the mould in trying to get it free, or the jelly is liable to break.

(179)

FRUIT SALAD (No. 1.)

3 Bananas (sliced).	$\frac{1}{2}$ lb. Red Currants (picked).
$\frac{1}{4}$ lb. Raspberries.	2 Tangerine Oranges (sliced).
$\frac{1}{4}$ lbs. Cherries (stoned).	1 Peach (sliced).
3 Apricots (sliced).	

Method.—Place all in a china bowl. Make a thick syrup with one pound loaf sugar, one pint water, add juice two lemons, one wineglass sherry, one of claret, one of liqueur. Pour over the fruit and set on ice to cool.

(180)

FRUIT SALAD (No. 2.)

Pine Apple.	Bananas.
Apricots.	Peaches.
Nectarines.	

Dressing:— $\frac{1}{2}$ lb. Sweet Red Wine, $\frac{1}{2}$ pint Water, 12 lumps of Sugar, 1 tablespoonful Liqueur.

Method.—Pile the fruit up in a glass dish, boil the sugar and water together for ten minutes, allow to cool, add wine and liqueur, when quite cold pour very slowly over the fruit.

(181)

FRUIT SALAD (No. 3.)

Lemons. Oranges. Melon with Crystalized fruits.

Dressing:— $\frac{1}{2}$ pint White Wine, 1 tablespoonful Maraschino Liqueur, 12 Lumps of Sugar, $\frac{1}{2}$ pint of Water.

Method.—Cut the melon into small slices, peel and divide the oranges and lemons, cut up the crystalized fruits and pile up on a glass dish. Boil together the sugar and water for five minutes, when cool add the wine and liqueur, pour very slowly over the fruits.

(182)

FRUIT SALAD (No. 4.)

Strawberries.

Raspberries.

Black Cherries (stoned).

A few Red and White Currants.

Method.—Pile in pyramid on a glass dish. Dressing same as No. 2, only using raisin or ginger wine.

(183)

QUICK ASPIC JELLY.

Method.—Put into a saucepan $1\frac{1}{2}$ pints of cold water, a little chopped carrot and celery, a slice of onion, sprig of parsley, three cloves; add one dessert spoonful of bovril; cover and simmer for $\frac{1}{2}$ an hour; soak $1\frac{1}{2}$ oz. gelatine in $\frac{1}{2}$ pint of water for twenty minutes, then stir it into the stock; season with salt and pepper; add a tablespoonful of sherry and stir until the gelatine is dissolved; strain through a double cloth. If it is for moulding it can be used at once, as there is no grease to be removed. If for garnishing turn it into a shallow pan to set, and colour half with carmine. Gelatine added to a good clear consommé will give the same results. This simple method of making aspic jelly is very quick and entirely satisfactory.

(184)

COFFEE JELLY.

 $1\frac{1}{2}$ ozs. Gelatine. $1\frac{1}{2}$ gills Water. $\frac{1}{2}$ lb. Castor Sugar. $\frac{1}{2}$ pint Brandy. $1\frac{1}{2}$ pints Strong Coffee.

Juice 1 Lemon.

Whites and Shells of 3 Eggs.

Method—Soak the gelatine in the water for twenty minutes, then melt in a saucepan, add the sugar, lemon juice and the coffee; when the sugar has melted add the whites and shells, whisk it quickly on the fire until it boils, cover and strain in the usual way.

(185)

CLARET JELLY.

 $1\frac{1}{2}$ ozs. Gelatine. $1\frac{1}{2}$ pints Claret. $\frac{1}{2}$ Pint Water. $\frac{1}{2}$ lb. Castor Sugar.

2 Lemons.

Mace.

Nutmeg.

Cloves.

Carmine.

Whites and shells 2 Eggs.

Method.—Put gelatine to soak in the water, then melt it in a saucepan with the sugar, add the thinly peeled rind of the lemons and the strained juice, put in the claret a little mace, nutmeg, and three cloves, when the sugar is dissolved add the whites and shells and clear the jelly. See directions for making and clearing jellies.

(186)

ITALIAN JELLY.

Method.—Make a plain blanc mange. Let it set in a layer one-half inch thick. Cut it into small circles, diamonds or fancy shapes with cutters. Arrange these pieces in some design around or inside a mould of transparent jelly. The blanc mange may be coloured pink or yellow, and gives a very pretty effect.

WHAT TO DO WITH JELLY LEFT OVER.

Add a little lemon juice and beat the jelly until it becomes entirely white, which will take some time; turn it again into a mould to set.

(187)

ASPIC JELLY (GOOD)

1 quart Good Stock.	1½ ozs. Gelatine.
Sprig of Parsley.	Whites and Shells of 2 Eggs.
1 dessertspoonful Vinegar.	1 gill Sherry.
1 teaspoonful Tarragon	1 gill Water.

Vinegar.

Method.—Soak the gelatine in the water. Strain the stock through a towel, place in a saucepan, and when warm put in the soaked gelatine, parsley, vinegar, a little pepper and salt, stir until the gelatine is melted; add whites and shells and whisk until boiling, cover over and stand twenty minutes; then strain and add the sherry.

(188)

WHIPPED JELLY OR SNOW.

Method.—Make a wine or lemon jelly, place it in a bowl on ice; when it is cold, but before it begins to harden, beat it with a whisk until it becomes white and a mass of froth; turn it into a mould to harden; serve with it a cup custard, or any preserve that will go well with the flavouring, or with a compôte of orange or any fruit.

(189)

CHAMPAGNE JELLY.

1 $\frac{1}{4}$ ozs. Gelatine.	4 ozs. Sugar.
1 teaspoonful Lemon Juice.	$\frac{1}{2}$ pint Water.
$\frac{1}{2}$ pint Champagne.	

Method.—Combine the same as wine jelly, and do not add the champagne until the jelly is cold. This will make 1 $\frac{1}{2}$ ints of jelly. It is very clear and transparent and well suited to fancy moulding.

(190)

WINE JELLY.

Rind and juice of 2 Lemons.	$\frac{1}{4}$ lb. Lump Sugar.
$\frac{1}{2}$ pint Cold Water.	1 pint Sherry.
1 $\frac{1}{4}$ ozs. gelatine.	Whites and Shells of 2 Eggs.

Method.—Same as for orange jelly.

(191)

LEMON JELLY.

1 pint Water.	$\frac{1}{2}$ pint Sherry.
$\frac{1}{4}$ Lump Sugar.	1 $\frac{1}{4}$ ozs. Gelatine.
Thinly peeled rind of 3 Lemons.	Juice of 2 Lemons.

Method.—Same as for orange jelly. A good effect is obtained by moulding a bunch of purple grapes in the wine or lemon jelly.

(192)

PINE APPLE JELLY.

1 tin Pine Apple.	5 ozs. Lump Sugar.
1 $\frac{1}{2}$ pints Water.	Whites and Shells 2 Eggs.
allow 1 $\frac{1}{2}$ ozs. Gelatine to 1 quart of Pulp.	

Method.—Cut pine apple in small pieces, keep a few pieces to ornament the mould. Pound the remainder in a mortar. Soak the gelatine in one gill of the water, place remainder of water in a saucepan with the sugar and pine apple and boil gently for twenty minutes, add the soaked gelatine and allow it to melt, let it cool a little, add the whites and shells and whisk it until it boils, cover the pan and strain when it has stood twenty minutes.

(193)

RUSSIAN JELLIES.

For these Double-moulds are used.

No. 1.—Make the outside layer of a transparent jelly; when hard remove the inner mould, and fill the space with the same jelly whipped until foamy.

No 2.—The outside a transparent jelly, the inside one of different flavour and colour, such as champagne, coloured pink, orange or lemon and coffee.

No. 3.—The outside, champagne jelly; the inside, whipped jelly mixed with macédoine of fruits.

—
(194)

RIBBON JELLY.

Method.—Make a plain jelly, divide it into three parts, flavour one with Maraschino, the second with orange, and the third with Noyeau, and colour with a little carmine, and whip it until foamy. Put it into mould in layers, beginning with the lightest.

ICES.

DIRECTIONS FOR MAKING ICES.

Ices can be made at home very cheaply with an ice machine, which can now be obtained at a—comparatively speaking—small cost. With a machine there is absolutely no trouble, and directions will be given with each machine. With some of them a freezing mixture is used with others ice and salt. Ice alone cannot produce a sufficient degree of cold for the purpose, but must have rough salt mixed with it. If too much sugar is used in making the ices they will not freeze to the right consistency; too little on the other hand will make them hard and rough, like snow.

Sorbets are half-frozen water ices, generally flavoured with lemon, rum, or other spirit; these are served before the roasts.

FREEZING.—Put the ice in a strong cloth or bag and pound it quite fine. The finer the ice the quicker will be the freezing. Use one part of rock salt (fine salt will not do) to three parts of ice. Place the can in the freezing pail with the pivot of the can in the socket of the pail, have the cover on the can. Hold

the can straight and fill around it the ice and salt mixed in proper proportions, pack it down as solid as possible. See that the can will turn and be careful not to lift it out of the socket. Take off the top of the can; place the pivot in the socket at the bottom; then pour in carefully the ice cream mixture, which must be perfectly cold. Adjust the top and crank, and turn it for 20 to 25 minutes, by which time the cream will be frozen. The crank turns harder when the mixture has stiffened. If the cream is frozen too quickly it will be coarse grained. To have it fine grained it must be turned constantly.

The "Imperial" Freezer, manufactured by Messrs. Ebenezer Roberts and Sons, is very simple in its construction, easy to use, and time required to freeze the cream about five minutes. This machine can be purchased complete for 5/-.

PACKING.—When the cream is frozen take off the crank and the top of the pail. Wipe carefully the top of the can, and see that the ice and salt are well below the lid, so that none will get into the cream; lift off the top, take out the paddle, and with a spoon work down the cream. If fruit, whipped cream, or anything is to be added to the cream, put it in at this time and work it well together. If the cream is to be moulded, remove and place it in the moulds; if not, smooth the top, and make the cream compact with a potato masher. Drain away the water in the pail. The cream ripens or becomes blended by standing, so should be made before the time for serving. Look at it occasionally to see that the water does not rise above the opening of the can. If properly watched and if the packing is renewed as required, the cream can be kept for any length of time.

MOULDING ICE CREAMS.—Put the frozen Ice Cream into the mould, filling it entirely full; press it down to force out any air bubbles. Rub butter around the edge where the lid fits on, lay a wet thin paper over the loop, and put on the lid. Fill the edges around the lid with butter or lard. This will harden and make the joints tight. Too much care cannot be taken to prevent the salt water leaking into the mould. Imbed the mould in ice and salt for from one to six hours. Watch to see that the water does not rise above the lid of the mould, and draw it off when necessary.

FANCY MOULDING.—When two or more kinds of creams are to be combined in the same mould, first place the mould in ice and salt; line it an inch or more thick with one kind of cream, and fill the centre with a cream of different flavour and

colour, or, place two or more kinds in even layers. Where two colours are used they are panachée; if three, they are Neapolitan. If the colours are to run in vertical strips (which has a pretty effect in pyramidal moulds), cut a piece of stiff paper or cardboard to the shape of the mould; fill each side with a different cream, and then withdraw the paper. Arrange layers of creams so that when unmoulded the most solid one will be at the bottom, as it has the weight of the others to sustain.

To UNMOULD CREAMS.—Dip the mould into cold water, wipe it dry and invert it on the dish. If it does not come out at once let it stand a moment, or wring a cloth out of warm water and wipe quickly around the mould. This must be done quickly or the sharp edges of the moulded cream will be destroyed. It destroys the attractiveness of the ices to have the dish swimming in melted cream, or to have the mould soft and irregular in shape, which partial melting produces. Hence the unmoulding of creams requires great care.

ICE CREAMS AND ICES.

(195)

STRAWBERRY ICE CREAM (No. 1.)

3 tablespoonsful Strawberry Jam (rubbed through hair sieve).	$\frac{3}{4}$ pint Cream (whipped slightly).
	Few drops of Carmine.
1 teaspoonful Essence of Vanilla.	

Method.—Mix together and freeze.

(196)

STRAWBERRY ICE CREAM (No. 2.)

$\frac{1}{2}$ lb. Strawberries.	$\frac{1}{2}$ lb. Castor Sugar.
1 pint Double Cream.	Juice $\frac{1}{2}$ Lemon.
	A few drops of Carmine.

Method.—Take the stalks from the strawberries and rub them through a wire sieve, add the sugar, whip up the cream a little, add the strawberry juice, lemon juice, and colouring, then freeze.

(197)

LEMON WATER ICE.

$\frac{3}{4}$ lb. loaf Sugar	1 pint Water.
The whites of 2 Eggs.	1 pint Lemon Juice.
Thin Rind 3 Lemons.	

Method.—Put the water and sugar into a saucepan and boil for ten minutes, strain the lemon juice, pour the syrup of sugar and water on to the lemon rind and let it get cold, then add the lemon juice and freeze. When half frozen add the whites of the eggs stiffly whipped.

(198)

NESSELRODE ICE PUDDING.

2 ozs. Almonds (finely chopped).	$\frac{1}{4}$ lb. Sugar.
$\frac{1}{2}$ pint Milk.	3 Yolks
	$\frac{1}{4}$ lb. mixed candied Fruits.
	$\frac{1}{2}$ Wine glass Brandy.

Method.—Make a custard with the milk, yolks, and sugar; pour into a basin to cool; whip the cream and add it to the custard when quite cold, then freeze, when partly frozen, add the almonds, and the fruits cut up small; mix in the brandy, freeze until almost solid, then mould and pack in ice and salt. $\frac{1}{2}$ lb. of Valencia raisins may be used instead of the mixed fruits.

(199)

VANILLA ICE CREAM (No. 1).

1 pint Double Cream.	4 ozs. Castor Sugar.
	2 Teaspoonful Essence of Vanilla.

Method.—Put the cream and the sugar into a double boiler and scald them, when they are cold add the flavouring and freeze.

(200)

VANILLA ICE CREAM (VERY PLAIN, No. 2).

1 quart Milk.	$\frac{1}{2}$ lb. Castor Sugar.
4 Eggs.	1 tablespoonful Essence of Vanilla.

Method.—Scald the milk, beat together the eggs and sugar; stir the scalded milk into them slowly, replace in the saucepan and stir over a gentle heat until it has thickened; do not let it boil or it will curdle. Beat it for a little while after

taking it off the fire. When it is cold add the flavouring and freeze. Cream will improve the mixture, even if it be only a few spoonful. A few raisins, thin slices of citron peel, or a little fresh or preserved fruits may be mixed in when the cream is partly frozen, and will much improve the cream.

(201)

VANILLA ICE CREAM No. 3.)

1 pint Milk.	6 Yolks.
1 pint Cream.	1 tablespoonful of Essence of
1 cupful Sugar.	Vanilla.

Method.—Scald the pint of milk, beat the yolks and sugar together until light and smooth, stir the scalded milk slowly into the beaten eggs and sugar, pour the custard into a jar or jug and place it in a saucepan half filled with boiling water, stir the custard constantly until it thickens enough to coat the spoon. Do not let it boil or cook too long, or it will curdle. Remove the custard from the fire, add the cream and the flavouring and stir it until it is partly cooled. When cold freeze it.

(202)

ICED FRUIT PUDDING.

Method.—Line a mould $1\frac{1}{2}$ inches thick with vanilla ice cream, fill the centre with fresh strawberries, bananas, raspberries, peaches, or any fruit. Cover the top with cream, pack in ice and salt for two hours. The fruit may be mixed with whipped cream when it is put in the centre of the mould. Whipped cream may also be served as a sauce with this pudding.

(203)

NEAPOLITAN ICE CREAM.

This cream is moulded in block form in three layers of different flavours and colours.

Method.—Make a cream same as vanilla cream No. 3; omit the vanilla. Divide the cream into three parts when it is partly frozen, add one teaspoonful of essence of vanilla to one part, put this into the block mould, also packed in ice, and smooth it down to an even layer. To the second part add one ounce of Cadbury's chocolate melted; place the chocolate cream in an even layer on the layer of vanilla cream. To the third part add half an ounce of pistachio nuts blanched and chopped and colour a pale green, and press it even in the

mould. Seal the joints of the mould with lard to make it tight; pack in ice and salt for three or four hours. The moulding of this cream must be done quickly, but with care to have the layers even. Strawberry ice is often used for one of the layers instead of chocolate cream. This cream is cut in slices and served on a lace paper.

(204)

CHOCOLATE ICE CREAM.

Method.—Use either of the receipts given for Vanilla creams, according to the richness and quality of the cream desired; add to the custard or cream while it is hot, four ounces of Cadbury's chocolate, melted. To melt the chocolate break it in small pieces, place it in a small saucepan on the side of the range where the heat is not great; when it is melted add a little milk or custard to dilute, and smooth it before adding it to the ice-cream mixture, freeze when quite cold.

(205)

COFFEE ICE CREAM (No. 1).

Method.—Use either of the receipts given for Vanilla cream, add half a cupful of black coffee, and omit the vanilla.

(206)

COFFEE ICE CREAM (No. 2).

1 quart Milk.	1 quart Cream.
$\frac{1}{2}$ Cupful very Strong Coffee.	$\frac{1}{2}$ oz. Isinglass (soaked for half-an-hour in a little of the cold milk).
1 $\frac{1}{2}$ cupsful of Sugar.	

Method.—Scald the milk, add the coffee, isinglass and sugar. When it is cold add the cream, whipped, and freeze.

(207)

ICED CHAMPAGNE SAUCE.

Method.—Break into a pan one egg, add one tablespoonful cream, a little sugar and two tumblers of champagne. Place round the saucepan, outside, broken ice and freezing salt. Whip all the ingredients as quickly as possible (it freezes as you whip). Then serve with ice puddings. This sauce is equally good warm and served with hot sweets. It should be treated in the same way only place the saucepan on the stove and whip until it is hot and thickened.

PUDDINGS.

(208)

ADELAIDE PUDDING.

4 Large Apples (finely chopped).	4 Eggs.
6 ozs. Bread Crumbs.	6 ozs. Currants (cleaned).
6 ozs. Sugar.	4 oz. Suet.
1 Wine glass Brandy.	Rind 1 Lemon (grated). Pinch Salt.

Method.—Shred suet finely and mix it in a basin with the apples, bread crumbs, sugar, currants, salt, and lemon rind, beat up the eggs well and stir into the dry ingredients; add brandy, mix well, pour into a greased mould and steam three hours. Serve with brandy sauce or custard.

(209)

ALBERT PUDDING.

4 ozs. Flour.	$2\frac{1}{2}$ ozs. Butter.
3 ozs. Sugar.	3 Eggs.
Rind 1 Lemon (grated).	$\frac{1}{2}$ teacupful Baking Powder.
$\frac{1}{4}$ lb. Raisins (stoned).	$\frac{1}{2}$ teaspoonful Milk.

Method.—Place butter in a basin and beat it with a wooden spoon until quite creamy, then stir in the sugar, separate the yolks from the whites of the eggs; beat up the whites stiffly on a plate, beat up the yolks in a basin and add to them the milk; stir in with the butter and sugar, the flour, and the yolks alternately, mix in the lemon rind; have a medium sized basin ready greased and ornament all over with the raisins, pressing the sticky part of the raisin to the basin; pour in the mixture, cover with a greased paper and steam one and a half hours; serve with German sauce.

(210)

APRICOT PUDDING, STEAMED (No. 1).

4 ozs. Bread Crumbs.	3 ozs. Butter (melted).
4 tablespoonsful of Apricot Jam.	4 Eggs (well beaten).

Method.—Mix all the ingredients well together, pour into a well greased mould and steam $2\frac{1}{2}$ hours. Serve with jam sauce.

(211)

APRICOT PUDDING, BAKED (No. 2).

$\frac{1}{2}$ tin Apricots.	$1\frac{1}{2}$ ozs. Sugar.
2 Eggs.	$\frac{1}{2}$ gill Cream.
$\frac{1}{2}$ gill Milk.	A little of the syrup.

Method.—Place apricots in a saucepan with the syrup and sugar, allow to cook gently about ten minutes. Turn out to cool. Mix yolks of two eggs and one white well beaten with the cream and milk, add apricots, pour in a pie dish and bake half-an-hour in a moderately hot oven.

N.B.—This mixture can also be baked on a deep plate, the plate first lined, and the edge ornamented with pastry.

—
(212)

ANCASTER PUDDING.

4 large Apples.	Grated Rind of $\frac{1}{2}$ Lemon.
About 3 ozs. Sugar.	$1\frac{1}{2}$ ozs. Butter (melted).
	1 Egg.

Method.—Pare and core the apples, and boil them to a pulp with the lemon rind; stir in the butter, sugar and egg. Line a pie dish with pastry, pour in the mixture and bake a pale brown. Time about twenty-five minutes.

—
(213)

ALMA PUDDING.

3 ozs. Ground Almonds.	6 Bitter Almonds.
$\frac{3}{4}$ pint Milk.	4 ozs Bread Crumbs.
4 ozs. Suet (finely chopped).	2 ozs. Sugar
2 ozs. Flour.	Grated Rind of 1 Lemon.
Juice of $\frac{1}{2}$ Lemon.	2 Eggs (well beaten).

Method—Simmer the bitter almonds in the milk for twenty minutes, take out the almonds, and pour the milk over the bread crumbs; stir in the suet, sugar, flour, lemon rind, ground almonds and juice, and lastly, the eggs. Beat the mixture well, and pour it into a well-greased mould. Steam three hours.

(214)

AMBER PUDDING.

4 ozs. Butter.	2 ozs. Flour.
4 ozs. Bread Crumbs.	Grated rind 1 large Lemon.
3 Eggs (well beaten).	$\frac{1}{2}$ gill Milk.
3 ozs. Sugar.	Pinch of Salt.

Method.—Beat the butter to a cream, stir in the flour, separate the yolks of the eggs from the whites, beat up the yolks with the milk and the whites to a stiff froth. Stir in the yolks and the bread crumbs, add the sugar, salt, lemon rind, and stir in lightly, but thoroughly, the whites of the eggs, pour into a buttered mould and steam $3\frac{1}{2}$ hours.

(215)

APPLE PUDDING (SWISS).

2 lbs. Apples.	5 ozs. Sugar.
4 Potatoes (boiled and mashed).	$\frac{1}{2}$ teacupful of Water. 3 Eggs (beaten).
Rind one Lemon (grated).	

Method.—Peel and core the apples, and cook them to a pulp with the rind of the lemon, add the sugar, mix in the mashed potatoes and the eggs, pour into a buttered basin and steam one hour. Serve with sweet sauce.

(216)

ARROWROOT PUDDING (RICH).

1 quart Milk.	1 oz. Butter.
$\frac{1}{2}$ teaspoonful of Essence of Vanilla, or 6 Drops of Essence of Almonds.	$1\frac{1}{2}$ ozs. Sugar. 3 Eggs (well beaten).
	1 $\frac{1}{2}$ ozs. Arrowroot. Jam.

Method.—Mix the arrowroot with a gill of the milk, boil the remainder and pour it upon the arrowroot; stir in the sugar, and stir for a few minutes over a gentle heat, cool and add the vanilla, butter and eggs. Line the edges of a buttered pie-dish with rough puff pastry. Spread a layer of jam at the bottom, pour in the mixture and bake about thirty minutes.

(217)

ARROWROOT PUDDING (PLAIN).

1 quart Milk.	$\frac{1}{2}$ oz. of Butter.
2 ozs. Sugar.	1 Egg.
Nutmeg.	Salt.
	1 $\frac{1}{2}$ ozs. Arrowroot.

Method.—Moisten the arrowroot with a little cold water or milk, boil the remainder of the milk and pour it over the arrowroot, add sugar, salt and butter; when cool stir in the eggs, then pour the mixture into a buttered pie-dish, grated over a little nutmeg, and bake about thirty-five minutes. Serve with stewed fruit or jam.

(218)

APPLE DUMPLINGS.

6 Apples.	12 ozs. Coombs' Flour.
5 ozs. Lard.	1 oz. Sugar.
Salt	A small teaspoonful Water

Method—Thinly pare and core the apples without cutting them up. Rub the flour and lard together, then add the salt, and with the cold water, mix all to a firm paste; cut it into six pieces, roll them out large enough to cover the apple, place the apple in the middle, before closing the paste over put some of the sugar in each; place on a greased tin and bake about half-an-hour.

(219)

APPLE PUDDING (BOILED OR STEAMED).

1½ lbs. Apples.	3 ozs. Demerara Sugar.
Nutmeg.	½ lb. Flour.
4 ozs. Suet	Salt.
Sufficient Milk and Water	½ teaspoonful Baking Powder. to mix to a firm dough

Method.—Peel, core and cut the apples in thick slices. Mix together the flour, suet, salt, and baking powder, add milk and water. Cut a small piece off for the top and roll out the remainder large enough to line a medium sized pudding basin, put in half the apples, add the sugar and grate over a little nutmeg, put in remainder of apples and pour in a little water, cover with paste, tie over a cloth and steam about two hours.

(220)

BAKEWELL PUDDING (No. 1).

Line a deep plate with pastry and ornament the edges. Place a layer of jam at the bottom, and pour over the following mixture:—

2 ozs. butter (melted).	1 $\frac{1}{2}$ ozs Castor Sugar.
2 Eggs (well beaten).	1 oz Almonds (blanched and finely chopped).
1 1d. Sponge Cake (crumbled).	5 drops Essence of Almonds.

Method.—Mix all well together, bake the pudding about thirty minutes.

(221)

BAKEWELL PUDDING (No. 2).

Proceed as above and pour over the following mixture :—	
1 Apple (grated).	1 medium sized Potato (boiled
2 ozs. Sugar.	and mashed, and mixed
1 tablespoonful Cream.	with 2 ozs. butter).
1 Egg.	Grated rind $\frac{1}{2}$ Lemon.

Method.—Mix all well together.

(222)

BAKEWELL PUDDING, RICH (No. 3).

Line a deep plate with pastry, put in thin layer of apricot and raspberry jam, candied fruits or peels cut in strips. Mix together four ozs. clarified butter, four ozs. sugar, four yolks, one white, two ozs. sweet almonds, and two bitter ones, shredded. Pour into dish, bake about thirty minutes, sift over fine sugar.

(223)

APPLE CUSTARD (BAKED).

1 lb. Cooking Apples.	1 oz. Butter.
4 ozs. Sugar.	Rind of 1 Lemon (grated).
3 Eggs	3 tablespoonful of Water.
$\frac{3}{4}$ pint Milk.	3 ozs. Bread Crumbs (or stale sponge cakes crumbled).

Method.—Peel, core and slice the apples, add to them the water and lemon rind, and cook until reduced to a pulp. Mix in half the sugar and the butter. Butter a pie-dish and put in the apples and crumbs in layers; separate the yolks of the eggs from the whites, beat up the yolks with the milk and one ounce of the sugar; pour over the apples and crumbs, and bake in a moderately hot oven about thirty minutes, or until the custard is set; beat up the whites of the eggs to a stiff froth, stir in the remainder of the sugar and pile on the top of the pudding. Sprinkle over a little pink sugar, and place the pudding in the oven for a few minutes to set the whites. Nice either hot or cold.

(224)

BREAD AND BUTTER PUDDING.

Method.—Butter a shallow pie dish and three-parts fill it with thin slices of bread and butter, sprinkle sultanas and finely cut-up peel between the layers. Pour over a custard made with a pint of milk, two or three eggs, sweeten to taste. Soak about ten minutes and bake about half-an hour, if the pie dish be well greased the pudding will turn out in a shape.

(225)

BREAD PUDDING (BOILED).

$\frac{1}{2}$ pint Bread Crumbs.	1 pint Milk.
3 Eggs (beaten).	2 ozs. Sugar.
1 oz. Currants.	2 oz. Raisins (seeded).
Nutmeg (to taste).	

Method.—Boil the milk and pour over the bread crumbs, allow the milk to cool, stir in the eggs, sugar, currants, raisins, and nutmeg. Mix all well together, butter a basin, pour in the mixture, cover with a cloth or greased paper and steam or boil about one hour.

(226)

BEIGNETS.

6 ozs. Flour.	2 ozs. Butter.
1 oz. Sugar.	$\frac{1}{2}$ teaspoonful Baking Powder.
2 Eggs.	1 tablespoonful Brandy.
A little Milk.	

Method—Beat butter and sugar to a cream, beat eggs, then mix in the flour and eggs; stir in the brandy and baking powder; drop from a teaspoon into hot fat and fry a pale brown; drain on paper; pile on a lace d'oyley; sift sugar over; serve with jam.

(227)

BATTER PUDDING (BAKED).

6 ozs. Flour.	3 Eggs.
Salt.	Milk (rather more than $\frac{1}{2}$ pint)

Method.—Place flour in a basin; add salt; drop in the yolks of the eggs and beat in the milk gradually; beat whites of the eggs to a stiff froth and stir them in thoroughly, but lightly; pour into a greased tin, and bake half-an-hour.

(228)

BATTER PUDDING (BOILED).

Method.—Proceed as above using a little less milk, pour into a buttered mould, tie down with a floured cloth and steam two and-a-half hours, or if boiled two hours; serve with jam, stewed fruit, or raspberry vinegar.

(229)

CUMBERLAND PUDDING.

2 ozs. Butter.	2 ozs. Sugar.
3 ozs. Flour.	1 pint Milk.
2 Eggs (or 1 large one).	Grated rind of 1 Lemon.

Method.—Beat butter and sugar to a cream, add flour, lemon rind, milk and eggs. Bake in a buttered pie-dish about forty minutes, or until the mixture is set like a custard.

(230)

CANARY PUDDING.

3 Eggs.	The weight of 2 Eggs in Butter,
1½ ozs. Candied Orange Peel.	Sugar and Flour.
¼ teaspoonful of Baking Powder.	

Method.—Beat butter and sugar to a cream, beat eggs well, then add eggs and flour alternately to the butter and sugar until both are used up. Cut up the peel small, mix it in, also the baking powder; pour in a greased mould, cover with a greased paper and steam two hours. Serve with sweet sauce.

(231)

CUP CUSTARD.

1½ pints Milk.	½ pint Cream.
Yolks of 6 Eggs.	3 ozs. Sugar.
Thin rind ½ Lemon.	Nutmeg.

Method.—Simmer the lemon rind in the milk and cream for ten minutes, strain and add the eggs gradually, pour into a saucepan and stir over a gentle heat until it thickens. It must not boil or it will curdle. Pour it into a large jug, and keep stirring it until it has cooled. Fill cups, grate a little nutmeg over the top and serve cold.

N.B.—For cheap cup custard use more milk instead of cream. If a little cornflour be used less eggs are required.

(232)

CHOCOLATE PUDDING (STEAMED).

3 ozs. Cadbury's Chocolate. 2 ozs. Butter.

3 Eggs. 1½ gills Milk.

½ teaspoonful Essence of Vanilla.

Method.—Dissolve and cook the chocolate in the milk. Mix in a basin the bread crumbs and sugar, melt the butter and pour over, add the yolks of the eggs, essence of vanilla and chocolate. Beat up the whites of the eggs to a stiff froth and stir them in lightly; pour into a well greased mould and steam 1½ hours. Serve with cup custard.

(233)

CHRISTMAS PLUM PUDDING.

6 ozs. Bread Crumbs. 4 ozs. Suet (finely chopped)

4 ozs. Demerara Sugar. Hugon's).

4 ozs. Raisins (seeded). 4 ozs. Currants (cleaned).

2 ozs. Mixed Peels (cut small) 2 Eggs (well beaten).

Salt.

1 Wine-glass of Brandy. ½ teacupful of Milk.

1 oz. Flour. ¼ of a Nutmeg (grated).

Method.—Use the flour for chopping with the suet. Mix all the dry ingredients well together, stir in the eggs, milk and brandy. Pour into a well greased basin or mould, cover with a greased saucer, or plate the size of the basin. Tie over a cloth or paper, and steam about twelve hours. Serve with Brandy sauce.

(234)

COKERNUT PUDDING (BAKED).

3 ozs. Dessicated Cokernut. 1 tablespoonful Sugar.

2 ozs. Butter. Essence of Vanilla.

3 Eggs. 2 tablespoonsful of Sponge Cake Crumbs.

Method.—Line a small pie-dish with pastry, and ornament the edges. Cook the Cokernut in the milk for quarter of an hour. Cream the butter, add the sugar, drop in the yolks, then the cake crumbs and vanilla; stir in the milk and cokernut, and add the white of one egg beaten. Pour the mixture into the dish and bake in a moderate oven twenty-five minutes. Make a merangue with the remaining whites, add a little sugar, pile it on the top of the pudding and place in the oven till set.

(235)

COKERNUT PUDDING (STEAMED).

3 ozs. Bread Crumbs.	2 oz. Cokernut.
2 oz. Suet.	1 oz. Cherries.
Yolks of 2 Eggs.	Whites of 3 Eggs.
1 gill Milk.	Juice $\frac{1}{4}$ of a lemon.

Method.—Mix in a basin the bread crumbs, cokernut, suet, and sugar; add the milk, yolks of the eggs, and juice of the lemon; beat up the whites of the eggs stiffly and stir them in lightly; ornament some small cups or moulds with the cherries, pour in the mixture; cover with greased paper and steam one-and-a-half hours; serve with custard.

(236)

CUP PUDDING.

3 ozs. Flour.	2 ozs. Sugar.
2 ozs. Butter.	3 Eggs.
Pinch Baking Powder.	Grated rind $\frac{1}{2}$ Lemon.

Method.—Beat together the butter and sugar, stir in the flour, add the lemon rind and eggs (well beaten), lastly, mix in the baking powder. Half fill buttered cups with the butter, and bake in a moderately hot oven about fifteen minutes. Turn out the pudding and serve with a wine sauce.

(237)

CHESTER PUDDING (STEAMED).

4 ozs. Raisins.	2 ozs. Citron Peel.
2 ozs. Ratafias Biscuits.	4 small Sponge Cakes.
$\frac{1}{2}$ gill Sherry.	1 pint Milk.
4 eggs.	2 ozs. Sugar.

 $\frac{1}{2}$ teaspoonful Vanilla.

Method—Thickly butter a plain mould, ornament the mould with raisins (seeded) and strips of citron peel in alternate rows. Place at the bottom a layer of sponge cake cut in thin slices, then sprinkle over them a few raisins and a little finely chopped peel, then two or three ratafias biscuits, pour over a little sherry, and continue until the mould is nearly full. Boil the milk, add the sugar, then pour over the yolks of the eggs. Thicken this over a gentle heat, but do not allow it to boil, add the vanilla, and when cold pour over the cakes, cover with a buttered paper, and steam $1\frac{1}{2}$ hours very gently. Turn out carefully, and serve with wine sauce.

(238)

COLLEGE PUDDING.

2 ozs. Sponge Cake.	3 ozs. Ratafias.
4 Macaroon Biscuits.	1 gill Cream.
1½ gills Milk.	Yolks of 3 Eggs.
1½ ozs. of Sugar.	½ Wine-glass of Brandy.
1 oz. Glacé Cherries.	Whites of 2 Eggs.
	3 Bitter Almonds.

Method.—Simmer the almonds in the milk and cream for ten minutes, pour over the biscuits and sponge cakes and soak for twenty minutes; then beat them well with a fork; add the sugar, yolks and brandy, beat up the whites to a stiff froth and stir them in lightly. Butter a mould and ornament with the cherries, pour in the mixture and steam one hour. Serve with German sauce.

(239)

CASTLE PUDDING.

6 ozs. Flour.	3½ ozs. Butter.
4 ozs. Castor Sugar	3 Eggs (well beaten)
Few drops of Flavouring.	

Method.—Cream the butter and sugar together, then add the eggs and flour alternately; mix in the flavouring, have ready some well greased dariole moulds, half fill with the mixture, bake in a moderately hot oven fifteen minutes; turn out and serve with jam and custard sauce.

(240)

CABINET PUDDING (RICH).

4 Sponge Cakes.	2 ozs. Ratafias.
6 Macaroons.	½ oz. Angelica.
2 ozs. Muscatel Raisins or Cherries.	1½ pints Milk.
2 ozs. Sugar.	4 Eggs.
	2 tablespoonsful Brandy.
	5 drops Essence of Almonds.

Method.—Well butter a quart pudding mould, decorate with the raisins and angelica, seeding the raisins and pressing the cut sides against the mould, slice the sponge cakes and lay them in the mould alternately with the biscuits, only three-

parts fill the mould with the cake and biscuits, pour over a custard, make as follows: Boil the milk, add the sugar, allow to cool then add to the eggs, stir in the brandy and flavouring. Cover with a greased plate and tie over a paper or cloth. Steam one and a quarter hours. Turn out very carefully and serve with Brandy sance.

(241)

CABINET PUDDING (PLAIN).

1 pint Milk.	3 Eggs.
A few drops of Essence of Almonds.	1½ ozs. Sngar.
4 ozs Raisins (seeded).	1 oz. Citron Peel.
	Thin slices of bread and butter without crust.

Method.—Butter a plain monld, ornament the bottom of the mould with a few of the raisins and some of the peel cut in strips or fancy shapes. Then half fill the mould with alternate layers of raisins and peel mixed and bread and butter, beat up the eggs, mix in the milk, flavouring and sugar. Pour over and allow to soak for twenty minutes, place a plate on top, and steam it for one hour.

(242)

CABINET PUDDING (COLD).

½ oz. Gelatine.	2 ozs. Cherries.
½ oz. Angelica.	6 Pistachio Kernels.
2 ozs. Ratafias.	2 small Sponge Cakes.
2 ozs. Macaroons.	1¼ pints Milk.
3 Eggs.	½ teaspoonful Essence Vanilla
	½ wineglass Brandy.

Method.—Soak the gelatine in ¼ pint of cold milk for twenty minutes. Well oil a plain mould and use some of the cherries, pistachios, and angelica for ornamenting the bottom of the mould. Cut the sponge cakes in small pieces and break up the macaroons, fill the mould, with alternate layers of cake, biscuits, and fruits. Boil the milk, add the sugar, beat the eggs and pour over the milk, return to the pan and stir over a gentle heat until as thick as cream, pour the gelatine in a small saucepan and stir until dissolved, add this to the

custard, stir in the brandy and vanilla, pour over the cakes, place a plate on the top, and let it stand in a cool place for five or six hours or until firm. Turn out carefully on to a glass dish, and if liked can be ornamented with whipped cream.

(243)

CORN FLOUR PUDDING (BAKED).

1 quart Milk.	$2\frac{1}{2}$ ozs. Sugar.
2 Eggs.	Flavouring to taste.
	3 ozs. Cornflour.

Method.—Moisten the cornflour with a teacupful of the milk, boil the remainder and pour on to the cornflour, boil for ten minutes, stirring it all the time. Allow it to cool, beat up the eggs and stir them in, add the sugar and flavouring. Pour into a greased pie-dish, and bake for half-an-hour in a moderate oven. About $1\frac{1}{2}$ ozs. of butter stirred in is an improvement.

(244)

BAKED CUSTARD.

3 Eggs	1 pint Milk.
1 tablespoonful Sugar.	A few drops Essence of Almonds
1 teaspoonful of Cornflour.	or a little Grated Nutmeg.

Method.—Line the sides and edges of a small pie-dish with pastry. Mix the cornflour smoothly with a little cold milk, add the remainder, beat up the eggs well, stir them in, add sugar and flavouring, pour into the dish and bake about thirty minutes, or until the custard is set.

N.B.—The cornflour is used to set the custard, it prevents the eggs turning watery.

(245)

DEVONSHIRE PUDDING.

2 large Apples	1 pint Milk.
2 ozs. Sponge Cake Crumbs	2 ozs. Sugar.
2 Eggs.	Grated rind $\frac{1}{2}$ Lemon.
	Apricot Jam.

Method.—Put a layer of apricot jam at the bottom of a pie dish, then the apples, which should be peeled and cored and cut in rings. Boil the milk with the sponge crumbs, add the sugar and lemon rind, beat up the yolks of the eggs and stir them in. Pour over the apples and bake twenty-five minutes. Beat the whites to a stiff froth, add $\frac{1}{2}$ an oz. of sugar, pile on the top and put in a moderate oven to set.

(246)

DAMSON PUDDING.

$\frac{1}{2}$ lb. Flour.	4 ozs. Suet (chopped).
$1\frac{1}{2}$ lbs. Damsons.	4 ozs. Brown Sugar.
Equal quantity of Milk and Water.	Salt $\frac{1}{2}$ teaspoonful Baking Powder.

Method.—Mix in the basin the flour, suet, pinch of salt and baking powder, then add just sufficient milk and water to form a stiff dough, line a well buttered basin and cut off a cover for the top, put in half the damsons, then the sugar, fill up with the damsons, cover with paste. Tie a greased paper firmly over the top and steam two hours.

(247)

DUMPLINS (PLAIN).

Method.—Take one pound of light dough, made as for bread, and roll it into small balls; drop them into a saucepan of fast boiling water; boil about twenty minutes; serve quickly or they will become heavy. For this purpose the dough is better mixed with milk, instead of water; they may be served with gravy, or eaten with a sweet sauce.

(248)

DOUGH NUTS WITH JAM.

6 ozs. Flour.	2 ozs. Butter.
2 ozs. Sugar.	1 or 2 Eggs.
$\frac{1}{4}$ teaspoonful Baking Powder.	Jam.

Method.—Mix flour and sugar in a basin, rub in the butter, add baking powder, and mix in sufficient egg to form a stiff dough; turn on to a floured board, roll out thinly, cut in small rounds, put a little jam on and cover with another round, damp and press the edges well together, drop into hot fat and fry about four minutes; pile on a dish and sift sugar over.

(249)

EPICURE PUDDING.

4 ozs. Flour.	4 ozs. Castor Sugar.
3 czs. Butter.	2 Eggs
1 oz. Pounded Almonds.	Grated Rind of $\frac{1}{2}$ Lemon,
Small $\frac{1}{2}$ teaspoonful Baking Powder.	3 tablespoonsful of Milk.

Method.—Beat the butter to a cream, and beat the sugar and flour into it. Separate the yolks from the whites of the eggs, beat in the yolks, almonds and lemon rind; beat the whites to a stiff froth, stir them in lightly, and lastly, add a little baking powder. Well grease some cups or dariole moulds, and half fill them with the mixture; bake in a moderate oven about fifteen minutes. Turn out and serve with jam sauce.

(250)

FIG PUDDING.

4 ozs. Bread Crumbs.	1 oz. Flour
1 Apple (chopped).	3 ozs. Suet (Hugons).
Salt.	2 ozs. Demerara Sugar.
2 Eggs.	$\frac{1}{2}$ lb. Figs (very small).
$\frac{1}{2}$ teaspoonful Baking Powder.	$\frac{1}{2}$ teacupful Milk.

Method.—Mix all well together and steam $3\frac{1}{2}$ hours. Serve with sweet sauce or cup custard. N.B.—Like a plum-pudding this is improved in colour and taste by steaming longer.

(251)

FRUIT PUDDING (FRENCH).

2 lbs. Cooking Apples.	$1\frac{1}{2}$ ozs. Butter.
4 ozs. Sugar.	$1\frac{1}{2}$ ozs. Ground Rice.
Yolks of 2 Eggs.	$1\frac{1}{2}$ gills Cream.
1 pint Milk.	Essence Vanilla.

Red Currant Jelly.

Method.—Peel, core and slice the apples, put them in a pie dish; mix in the sugar and put the butter on the top in small pieces, bake until the apples are soft, let them get cold then turn into a glass dish, boil the milk, mix the ground rice with a little cold milk, add to the boiling milk and stir over a gentle

heat until it is thoroughly cooked, mix in sugar to sweeten, add $\frac{1}{2}$ teaspoonful essence vanilla and the yolks, thicken, pour over the apples and when cold whip-up the cream stiffly, sweeten and ornament the top, putting little heaps of red currant jelly or apricot jam between the cream.

(252)

GOOSEBERRY CUSTARD.

3 Sponge Cakes (cut in slices).	1 lb. green gooseberries.
$\frac{3}{4}$ pint Custard.	$\frac{1}{4}$ pint Cold Water.
	6 ozs. Sugar.

Method.—Place the cakes in a glass dish, wash and drain the gooseberries, boil the sugar and water for ten minutes, put in the berries, stew gently until tender. When cold pour over the cakes, then pour over the custard.

(253)

GOOSEBERRY FOOL.

1 lb. Green Gooseberries.	$\frac{1}{2}$ lb. Lump Sugar.
1 gill Cold Water.	$\frac{1}{2}$ pint Cream.

Method.—Boil the sugar and water ten minutes, put in the berries and stew until tender, pass through a wire sieve and when cold stir in the cream.

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(254)

STEWED PRUNES.

1 lb. Prunes.	4 ozs. Sugar.
1 strip of Lemon Peel.	1 wineglass Port Wine.

Method—Wash the prunes and soak all night in cold water, take out the prunes, let the water settle, then pour sufficient of it over the prunes to cover them, add the lemon rind and stew gently one hour, sweeten, and when cold add the port wine.

(255)

GINGERBREAD PUDDING.

6 ozs. Bread Crumbs.	2 ozs. Flour.
4 ozs. Suet (Hugons)	1 teaspoonful of Ground Ginger.
$\frac{1}{2}$ teaspoonful Baking Powder.	2 teaspoonsful Treacle
1 Egg.	1 gill Milk

Method.—Mix in a basin the crumbs, suet, sugar, flour, ground ginger and baking powder, dissolve the treacle in the milk, add the egg and mix with the dry ingredients, pour into a greased basin and steam three hours.

(256)

GROUND RICE PUDDING.

4 ozs. Ground Rice.	1 quart Milk.
1 oz. Butter.	2 ozs. Sugar.
2 Eggs.	1 tablespoonful Brandy.

Thinly peeled Rind of $\frac{1}{2}$ Small Lemon.

Method.—Mix the ground rice smoothly with a little cold milk, simmer the remainder with lemon rind for a few minutes, strain, stir in the ground rice, and boil gently until thick, add the sugar; turn out to cool, then stir in the brandy, butter and the eggs, well beaten. Pour into a greased dish, and bake in a moderate oven about twenty minutes.

(257)

GROUND RICE PUDDING (RICH).

$\frac{3}{4}$ pint Milk.	$\frac{1}{2}$ gill Cream.
2 ozs. Butter.	3 Yolks.
2 ozs. Sugar.	$\frac{1}{2}$ wine glass cooking Brandy.

Method.—Mix the ground rice with the cream, boil the milk, stir in the ground rice and bring to boiling point, allow to boil gently until the rice is quite cooked, turn out to cool, mix in the sugar, brandy, and yolks. Line the edges of a pie dish with puff pastry, put a layer of apricot jam at the bottom, pour in the mixture and bake about twenty-five minutes.

(258)

GOLDEN PUDDING

4 ozs. Bread Crumbs.	Milk.
2 ozs. Flour.	4 ozs. Hugon's Suet.
2 Eggs.	2 ozs. Sugar.
3 tablespoonsful Marmalade.	$\frac{1}{4}$ teaspoonful Baking Powder.

Method.—Mix in a basin the bread crumbs, flour, suet, sugar, baking powder, and marmalade. Stir in the eggs and add sufficient milk to moisten, pour into a buttered mould and steam three hours. Serve with sweet sauce.

(259)

GERMAN APPLE TART.

1 lb. Apples.	Rind 1 Lemon
Juice $\frac{1}{2}$ Lemon.	2 ozs. Currants.
2 ozs Candied Peels.	3 ozs. Sugar.

Method.—Line a flat dish with pastry and ornament the edges. Peel, core, and slice the apples and cook gently ten minutes, stir in the sugar, lemon juice, grated rind of the lemon, currants and peel cut small. Place in the centre of pastry and bake twenty minutes.

(260)

GATACRE PUDDING.

2 ozs. Butter.	2 ozs. Sugar.
$2\frac{1}{2}$ oz. Flour	3 Yolks.
1 White of Egg.	$\frac{1}{2}$ pint Cream or Milk.

Method.—Cream the butter and sugar, add the flour, stir in the eggs, well beat the mixture and add the milk gradually. Bake in well greased saucers, pile upon a dish and pour over the following sauce:—Two ounces butter, two ounces sugar, one tablespoonful of water. Boil together. This pudding is also served with jam between the layers and a cup custard served with it.

(261)

PRESERVED GINGER PUDDING.

$\frac{1}{4}$ lb. Bread Crumbs.	1 oz. Flour.
3 ozs. Butter.	3 Eggs
3 gills Milk.	4 ozs. Preserved Ginger.

Grated Rind of $\frac{1}{2}$ Lemon.

Method.—Boil the milk and pour over the crumbs, in another basin heat the butter to a cream, stir in the sugar and flour, add the preserved ginger cut up in small pieces, and the eggs well beaten, then add this to the crumbs and milk. Pour into a greased basin, cover with a greased paper and steam one and a half hours. Turn out and serve with custard flavoured with the ginger syrup. Good hot or cold.

(262)

HASTY PUDDING.

2 ozs. Flour.	1 pint Milk.
3 Eggs.	1 oz. Butter.
	Jam.

Method.—Mix the flour smoothly with a little cold milk, boil the remainder and pour over, boil up and beat over the fire until as stiff as batter, add sugar and flavouring to taste, mix in the butter and the eggs. Butter a pie-dish, spread a little jam at the bottom, pour in the mixture and bake about twenty minutes in a moderate oven.

(263)

ITALIAN PUDDING.

1 pint Milk.	4 ozs. Bread Crumbs.
3 Eggs.	4 ozs. Castor Sugar.
$\frac{1}{2}$ teaspoonful Essence	3 ozs. Muscatel Raisins.
Vanilla.	

Method.—Boil the milk and soak the crumbs in it for ten minutes. Pour it into a basin to cool, then beat in the sugar, vanilla, and yolks of the eggs; seed the raisins and cut in half, mix them in and add lastly the whites of the eggs beaten to a stiff froth; pour the mixture into a well buttered basin and steam $1\frac{1}{4}$ hours; serve with wine or brandy sauce.

(264)

JAM AND BREAD PUDDING.

Stale Bread.	Jam.
1 pint Milk.	2 Eggs.
1 $\frac{1}{2}$ ozs. Sugar.	A few drops Flavouring.

Method.—Butter a pie dish, cut the bread in slices as for toast, cut off the crust and spread one side with jam, put another piece of bread on the top and cut in strips lay them in the dish, beat up the eggs, add the sugar, flavouring, and milk, pour this over the bread and bake about thirty minutes in a moderate oven or until the custard is set.

(265)

JAM ROLY-POLY PUDDING.

$\frac{1}{2}$ lb. Flour (Coombs')	5 ozs. Suet.
Pinch of Salt.	$\frac{1}{2}$ lb. Jam.
	Milk and Water.

Method.—Mix in a basin the flour, finely chopped suet, salt, and then add just enough milk and water to bind to a firm paste. Roll out the paste about a quarter of an inch in thickness, wet the edges round, spread on the jam and roll up, ston the edges securely, and put the pudding into a floured cloth. Tie it at both ends, put it into boiling water, and let boil quickly about $1\frac{1}{2}$ hours. Turn out carefully and serve with sweet sauce.

(266)

JUBILEE PUDDING.

Take the weight of 3 Eggs. Grated rind 1 Lemon. in Butter, Sugar, and Flour. Pinch Baking Powder. A Little Milk.

Method.—Beat the butter to a cream, mix with it the sugar, lemon rind, and the eggs thoroughly whisked, then the flour, beat the mixture well, lastly add the baking powder. Pour into a buttered basin and steam two hours. Serve with German or lemon sauce.

(267)

LEMON PUDDING (BAKED).

2 ozs. Cake Crumbs.	Grated Rind of 2 Lemons.
Juice of 2 Lemons.	$\frac{1}{4}$ lb. of Sugar.
3 Eggs (well beaten).	

Method.—Soak the crumbs in a little milk, add rind and juice, mix in the sugar and eggs. Line a pie-dish with pastry, pour in the mixture and bake three-quarters of an hour.

(268)

LEMON PUDDING (BOILED).

4 ozs. Bread Crumbs.	1 oz. Flour.
1 Lemon.	3 ozs. Suet (Hugons).
2 ozs. Sugar.	1 Egg.
A little Milk.	$\frac{1}{4}$ teaspoonful Baking Powder.

Method.—Finely chop the suet and mix it in a basin with the bread crumbs, flour, sugar and rind of the lemon grated. Mix in the baking powder, strain the juice of the lemon and add it. Beat the egg, stir it into the other ingredients, add sufficient milk to moisten, pour the mixture into a greased basin, cover with a greased paper and steam one and a half hours. Serve with lemon sauce.

(269)

LIFFEY PUDDING.

6 ozs. Short Crust Pastry.	1 lb. Apples (cored and chopped)
Juice $\frac{1}{2}$ Lemon.	3 ozs. Sugar.
3 ozs. Butter.	3 Eggs.

Method.—Line and ornament a pie dish with the pastry. Place the apples in a basin, add the lemon juice and 2 ounces of the sugar, melt the butter and pour over, add the yolks of the eggs; pour into the centre of the pastry, bake twenty-five minutes; beat whites of the eggs to a stiff froth, add a little sugar pile on top of the pudding, sprinkle over remainder of sugar, brown a pale shade in the oven.

(270)

LEAMINGTON PUDDING.

6 ozs. Bread Crumbs.	4 ozs. Hugon's Suet (finely chopped).
1 oz. Flour	
3 ozs. Moist Sugar.	Strained Juice of 2 Lemons.
Salt.	Grated Rind of 2 Lemons.
2 Eggs (well beaten).	$\frac{1}{2}$ pint Milk.
	4 ozs. Raisins (seeded).

Method.—Ornament a well greased basin with the raisins, mix the dry ingredients well together; add the lemon juice, eggs, and milk, pour into the basin and steam $2\frac{1}{2}$ hours; serve with cup custard, sweet or lemon sauce.

(271)

MANSFIELD PUDDING.

$\frac{1}{2}$ pint Milk.	2 strips of Lemon rind.
3 tablespoonsful of Bread Crumbs.	2 ozs. Butter.
2 Eggs.	$1\frac{1}{2}$ ozs Sugar.
	Jam.
	2 tablespoonsful Brandy.

Method.—Simmer the lemon rind in the milk for five minutes, take out the rind and pour the milk over the crumbs, allow to cool, stir in the sugar, yolks of the eggs, butter, andundy. Ornament the edge of the dish with puff pastry, put a layer of apricot, strawberry, or greengage jam at the bottom of the dish, pour in the mixture and bake about thirty minutes. This pudding can be eaten either hot or cold, if you whip the whites of the eggs to a stiff froth, add a little sugar, spread it over the top of the pudding, and return it to the oven for five minutes to set. If to be eaten cold sift over a little sugar.

(272)

MACARONI PUDDING.

2 ozs. Macaroni.	2 ozs. Sugar.
1 pint of Milk.	1 Egg.
A little grated Nutmeg.	

Method.—Break the macaroni, throw it into boiling water, boil for ten minutes, strain, add the milk and simmer twenty minutes. Put in sugar and egg, pour into a greased pie dish, sprinkle over a little nutmeg and bake half-an-hour.

(273)

MANCHESTER PUDDING

2 teacupsful of Bread Crumbs.	1 teacupful of Flour.
1 teacupful of Milk.	1 teacupful of finely chopped Suet.
1 Egg.	1 oz. Sugar.
1 oz. Sultanas.	1 oz. Lemon Peel (cut in strips).
2 tablespoonsful of Jam.	$\frac{1}{2}$ teaspoonful Carbonate of Soda.

Method.—Ornament a greased basin with the peel and sultanas. Place all the dry ingredients together in a basin, beat up the egg, add the milk and mix all well together, pour into a greased basin, cover with a greased paper and steam for three hours. Serve with lemon sauce.

(274)

MARMALADE PUDDING.

4 tablespoonsful Marmalade.	2 ozs. Sugar.
3 ozs. Flour.	3 ozs. Bread Crumbs.
3 ozs. Suet.	2 Eggs.
Salt.	$\frac{1}{4}$ teaspoonful Baking Powder.

Method.—Mix all the dry ingredients together, add the marmalade and the eggs well beaten; beat the mixture well, and pour into a greased basin, cover with a greased paper and steam one and a half hours. Serve with marmalade sauce.

(275)

MELTON PUDDING (BAKED).

4 ozs. Bread (Stale).	1 pint Milk.
2 ozs. Sugar.	3 ozs. Butter.
Grated Rind 1 Lemon.	Juice $\frac{1}{2}$ Lemon.
3 Eggs (well beaten).	

Method.—Boil the milk and pour over the stale breads crumbs, soak for ten minutes, beat up well with a fork, add the sugar, butter (melted), lemon rind, juice, and eggs. Butter a pie dish, put a layer of jam at the bottom, pour in the mixture and bake in a moderate oven twenty minutes.

(276)

NOWELL PUDDING (BAKED).

2 ozs. Macaroons.	2 ozs. Ratafias.
1 oz. Flour.	1 oz. Sugar.
3 whole Eggs and 2 whites	1 pint Milk.
$\frac{1}{2}$ doz. Cherries.	$\frac{1}{2}$ oz. Angelica.
A few drops Essence Almonds.	

Method.—Place biscuits in a greased pie dish; mix the flour in a basin smoothly with a little milk, place the yolks and two whites in a basin and beat well; add the sugar, mix these with the flour and milk, add the flavouring, pour over the biscuits, allow to stand ten minutes, bake in a moderate oven twenty-five minutes. Beat up the remaining whites to a stiff froth, mix in $\frac{1}{2}$ teaspoonful of cornflower and $\frac{1}{2}$ an ounce of sugar, pile on top of the pudding in little heaps, ornament with the cherries and angelica cut in rings; put the pudding in the oven again to set the whites.

(277)

NOTTINGHAM PUDDING (VERY GOOD)

4 or 5 small Sponge Cakes.	Marmalade.
2 ozs. Butter.	3 Eggs.
3 tablespoonsful Brandy.	$\frac{3}{4}$ pint Milk.
1 oz. Sugar.	

Method.—Prepare a well-buttered pie dish, put in a layer of sponge cakes, spread with marmalade with bits of butter between. Beat the eggs, add the milk, sugar, and brandy, pour over the cakes, soak for a few minutes, melt one ounce of butter, pour on the top, dust over with castor sugar. Bake about thirty minutes. If the dish is well greased the pudding will turn out in a shape.

(278)

PALESTINE PUDDING.

4 ozs. Bread Crumbs.	1 oz. flour.
4 ozs. Suet (chopped).	4 ozs. Sugar.
4 ozs. Raisins.	1 oz. Candied Peel.
1 Apple (finely chopped).	Salt.
A dust of Nutmeg.	1 Egg.
	Milk.

Method.—Mix all well together, add the egg and sufficient milk to moisten. Pour into a greased basin, cover with greased paper, and steam four or five hours. Serve with wine sauce.

(279)

NEWCASTLE PUDDING (STEAMED).

4 ozs. Suet.	3 ozs. Bread Crumbs.
2 ozs. Flour.	4 ozs. Currants.
2 ozs. Sugar.	1 oz. Candied Peel (finely cut).
2 Eggs (well beaten).	Pinch of Salt.
A little Grated Nutmeg.	$\frac{1}{2}$ teacupful Milk.
	$\frac{1}{2}$ teaspoonful of Baking Powder.

Method.—Mix all the dry ingredients well together, and stir the eggs and milk. Pour into a greased basin, and cover with a greased paper. Steam three hours. Serve with sweet sauce or brandy sauce.

(280)

NELL'S PUDDING (STEAMED).

4 ozs. Flour.	3 ozs. Sugar.
Grated Rind of 1 Lemon.	4 ozs. Butter.
2 ozs. Raisins (Seeded and cut small).	4 Eggs (well beaten).
A little Baking Powder.	Pinch of Salt.
	Milk.
	1 tablespoonful of Brandy.

Method.—Beat the butter to a cream, add the sugar, then mix in half the eggs, add half the flour, remainder of eggs and flour; beat well, mix in lemon rind, raisins, brandy and a little milk, lastly, add about $\frac{1}{2}$ of a teaspoonful of baking powder. Pour into a well greased basin, cover with a greased paper and steam one and three-quarter hours. Serve with custard or wine sauce.

(281)

POUND PUDDING.

4 ozs. Raisins.	4 ozs. Currants.
4 ozs. Sugar.	Grated Rind 1 Lemon.
6 ozs. Apples (chopped).	3 ozs. Suet (chopped).
4 ozs. Bread Crumbs.	Salt. Nutmeg.
Juice $\frac{1}{2}$ Lemon.	2 Eggs.
$\frac{1}{2}$ wine glass cooking Brandy.	

Method.—Mix all the dry ingredients together then add the raisins seeded and cut up small a little grated nutmeg; mix in the eggs, lemon juice, and brandy, pour into a greased mould, cover with a greased paper and steam three or four hours. Turn it out and sift sugar over, serve with sweet sauce. This pudding is cooked in two hours but is improved by steaming two hours longer

(282)

POTATO PUDDING (SWEET).

6 Potatoes.	3 ozs. Butter.
$\frac{1}{2}$ Lemon Rind (grated).	1 teaspoonful Lemon Juice.
3 ozs. Sugar.	3 tablespoonsful Cream or Milk.
3 Eggs.	Pinch Salt.

Method.—Bake six large potatoes in their jackets, and when they are done enough break them open and squeeze out the contents, beat them up with a fork, mix in the butter, sugar, and cream, add the salt, lemon rind, and juice, stir in the yolks of the eggs and lastly the whites stiffly beaten to a froth. Butter a plain mould, ornament it with dried fruit or slices of candied peel, pour in the mixture and bake in a quick oven about twenty minutes, or steam the pudding if preferred about one hour. Turn out the pudding before serving, and garnish the dish with jam.

(283)
QUEEN OF PUDDINGS.

$\frac{1}{2}$ pint Bread Crumbs.	1 pint Boiling Milk.
1 oz. Butter.	Grated rind 1 Lemon.
2 Eggs.	Jam.
2 ozs. Sugar.	

Method.—Pour the milk over the crumbs, add the lemon rind, butter, sugar, and yolks of the eggs. Pour into a buttered pie dish, put a layer of jam at the bottom of a greased pie dish, pour in the mixture and bake in a moderate oven until set and slightly browned, beat up the white of the eggs stiffly, add a little sugar, stir in a little powdered arrowroot, pile in small heaps on the top of the pudding. Put in the oven until lightly browned on top, it is then ready to serve. Can be eaten either hot or cold.

(284)
PANCAKES.

4 ozs. Flour (Coombs').	2 Eggs.
Salt.	About $\frac{1}{2}$ pint Milk.
Sugar.	Lard.

Lemon.

Method.—Place flour and salt in a basin, add the yolks of the eggs and sufficient milk to make a smooth batter, beat well and add the remainder of the milk and beat well again; place the whites of the eggs on a dry plate, whip to a stiff froth, and add it lightly. Put a small piece of lard in a small frying pan, when melted pour in sufficient batter to cover the pan, let it set, shake the pan to prevent it sticking, fry about two minutes, turn by tossing or with a knife, fry until brown; turn it on a piece of paper to absorb the grease; sprinkle with lemon juice and sugar, roll up. Continue to fry the batter in the same way. Pile up on a d'oyley on a hot dish, and garnish with small quarters of lemon or orange. The batter for pancakes is best when made an hour or two before it is wanted for use, it should be quite smooth, and of the consistency of a thick custard.

(285)
RATAFIA PUDDING.

2 ozs. Ratafias.	4 1d. Sponge Cakes.
1 wineglass Sherry.	Jam.
1 pint Milk.	4 Eggs.
1 oz. Sugar.	2 ozs. pounded Almonds.

Method.—Butter a pie dish, cut the sponge cakes in slices and lay them in the dish, pour the sherry over, spread some apricot or greengage jam upon them. Beat the yolks of the eggs and two whites, add to them the milk, sugar, and pounded almonds, pour half the custard over the cakes, cover the top with ratafia biscuits, pour over the custard. Let the pudding stand thirty minutes, then bake in a moderate oven half-an-hour.

(286)

RICE PUDDING (PLAIN).

2 ozs. Rice.	1 $\frac{1}{2}$ ozs. Sugar.
1 $\frac{1}{2}$ pints Milk.	Salt.
Nutmeg.	1 oz. Butter.

Method.—Well wash the rice and place it in a saucepan, add the milk and cook gently until rice is tender, then add the sugar and butter, add the salt and pour into a greased pie dish, grate over a little nutmeg. Bake in a moderate oven three-quarters of an hour.

(287)

RICE PUDDING (BOILED).

Method.—Wash a teacupful of rice, drain it, and put it into a dry pudding cloth, gather the ends together and tie loosely, leaving room for the rice to swell to three times its size, put it into a saucepan of fast boiling water, and keep it boiling; if it is necessary to add more water, add boiling. Time to boil one hour and three-quarters; turn out on to a hot dish and serve with sweet sauce, treacle, or jam.

(288)

SPONGE PUDDING.

4 ozs. Butter.	4 ozs. Flour.
3 Eggs (whites whipped)	1 teaspoonful Lemon Juice.
2 tablespoonsful Apricot Jam.	$\frac{1}{2}$ teaspoonful Milk.
	3 ozs. Sugar.

Method.—Beat the butter to a cream, add the sugar, beat up the yolks, add the milk, then mix in the eggs and flour alternately, then add the lemon juice, and the whites of the eggs stiffly whipped, mix them in thoroughly but lightly. Butter a pie dish, put the jam at the bottom, pour in the mixture and bake in a moderate oven half-an-hour.

(289)

SAGO PUDDING.

3 tablespoonsful of Sago.	1½ pints of Milk.
Strip Lemon Rind.	2 Eggs
1 oz. Pounded Almonds.	1½ oz. of Sugar.
1 oz. of Butter.	

Method.—Soak the sago in half a pint of cold water. Put the milk in a saucepan, add the almonds and lemon rind, and simmer gently for fifteen minutes. Strain and add the sugar, drain the sago and simmer it in the milk, stirring frequently, until it has thickened. Let it cool, then mix in the eggs and butter. Pour into a buttered pie-dish and bake about thirty minutes. For a plainer pudding leave out the almonds and eggs.

(290)

SAVOY PUDDING.

6 ozs. Stale Savoy Cake (or any plain cake will do).	½ pint Milk.
	Salt.
4 ozs. Butter.	2 ozs. Sugar.
4 Eggs.	2 tablespoonsful Brandy.
	2 ozs. Candied Peel.

Method.—Crumble the cake, boil the milk and pour over, beat until quite smooth, add the butter and candied peel (cut up small) and the yolks of the eggs, beat the mixture well, stir in the brandy and leave in a cool place for one hour. Beat up again and pour in a buttered dish, bake in a hot oven for half-an-hour, beat up the whites stiffly, sweeten, and flavour, pile on the top of the pudding and set in the oven for a few minutes.

(291)

SEMOLINA PUDDING.

1½ ozs. Semolina.	1 oz. Sugar.
1 pint Milk.	1 Egg.
Flavouring.	

Method.—Place the milk in a saucepan and bring to the boil, add the semolina and cook gently for ten minutes, pour into a bowl, add the sugar, a few drops of flavouring, and the yolk of the egg, whip the white of the egg to a stiff froth, and add lightly; pour into a greased pie dish and bake in a moderate oven thirty minutes.

(292)

SPONGE CAKE PUDDING.

4 or 5 1d. Sponge Cakes.	Apricot Jam.
1 wine glass Sherry.	1½ gills Milk.
4 Eggs.	½ oz. Sugar.

Method.—Cut the sponge cakes into thin slices lengthwise. Butter a pie dish thickly and dust over with castor sugar, line the inside of the dish with the slices. Press them with the hand to keep them in position, then fill the dish with alternate layers of cake and jam, pour over the sherry. Beat up the yolks of the eggs, add the sugar and milk, pour over the cakes, and bake in a moderate oven until the custard is set, allow to cool, then turn out carefully on to a hot dish, beat up the whites, add a little sugar, pile on the pudding and set in the oven about ten minutes, but do not allow it to brown, pour round a cup custard.

(293)

SAXON PUDDING.

6 ozs. Bread Crumbs.	Baking Powder.
1 oz. Ground Rice.	4 ozs. Suet.
2 ozs. Sugar.	3 Eggs.
3 ozs. Raisins.	2 tablespoonsful Apricot Jam
1 dessertspoonful Brandy.	or Marmalade.

Method.—Mix all the dry ingredients together, stir in the marmalade or jam, add the brandy and eggs, about $\frac{1}{4}$ teaspoonful baking powder and a little milk. Butter a mould, seed the raisins and stick them in even rows in the mould, pour in the pudding very gently, cover with a greased paper and steam the pudding two hours, turn out and serve with wine sauce.

(294)

TAPIOCA PUDDING.

4 tablespoonsful Tapioca.	1 quart Milk.
1 oz. Butter.	2½ ozs. Sugar.
	2 Eggs.

Method.—Boil the milk, wash the tapioca, and simmer it in the milk for about twenty minutes. Turn it into a buttered dish, add the sugar, butter, and eggs. Bake about thirty minutes.

(295)

TAPIOCA PUDDING (BOILED).

Proceed as for baked pudding, only pour it into a mould and either steam or boil. Turn it out and serve with sweet sauce or stewed fruit.

(296)

TAPIOCA AND FRUIT PUDDING.

1 teacupful Tapioca.	3 ozs. Sugar.
1 gill Cream	Fruit.

Method.—Soak the tapioca for an hour in one quart of cold water; put it into a saucepan and let it boil, then simmer it gently until it is thick and clear, stir it frequently to keep it smooth. Half fill a moderate sized pie dish with fruit such as red currants, raspberries, plums, sliced apples, sweeten them, add the sugar to the tapioca and a little flavouring, pour over the fruit and bake about twenty minutes. In summer time the tapioca may be turned into a wet mould and when set turn out and serve with fresh fruit and cream.

(297)

TREACLE AND Currant ROLY POLY.

$\frac{1}{2}$ lb. Flour.	5 ozs. Hugon's Suet (finely chopped).
$\frac{1}{2}$ teaspoonful Baking Powder.	$\frac{1}{2}$ lb. Treacle or Golden Syrup.
Nutmeg.	1 oz. Currants.
	Pinch Salt.

Method.—Mix together the flour, suet, salt, and baking powder, and add enough water to form into a stiff dough. Turn out on to a floured board and roll out, damp the edges of the paste all round, spread over the treacle, sprinkle on the currants, and grate over a little nutmeg, roll up like a bolster, fasten the edges securely and put the pudding in a floured cloth, tie it at both ends, and boil two hours.

(298)

TREACLE TART.

1 large teacupful of Treacle. The Grated Kind of a Lemon.
2 tablespoonsful of Bread Crumbs.

Method.—Mix all together and pour it into a flat dish that has been lined with pastry. Bake in a quick oven for twenty minutes.

(299)

CLIFTON PUDDING.

4 ozs. Suet (chopped).	4 ozs. Flour.
4 ozs. Sugar.	6 ozs. Mashed Potatoes.
4 ozs. Grated Carrots.	2 ozs. Minced Candied Peels.
6 ozs. Currants.	2 Eggs. Nutmeg.

Method.—Mix all well together, pour into a buttered mould, and steam the pudding eight hours. Turn out and serve with Wine sauce.

(300)

VERMICELLI PUDDING.

1 pint Milk.	3 ozs. Vermicelli.
1 Egg.	$\frac{1}{2}$ oz. Butter.
1 oz. Sugar.	Flavouring.

Method.—Crush the Vermicelli, boil the milk, stir in the Vermicelli; let it boil gently, stirring it frequently until it is thick, stir in the sugar, butter, and a few drops of flavouring; add the egg, pour into a buttered pie-dish, and bake in a moderate oven until it is brown on the top.

(301)

VICTORIA PUDDING.

4 ozs. Suet.	4 ozs. Bread Crumbs.
2 ozs. Flour.	1 Apple (peeled, cored and chopped).
4 ozs. Apricot Jam.	1 oz. Candied Peel.
2 ozs. Dried Cherries.	2 tablespoonsful Brandy.
4 ozs. Sugar.	2 Eggs.
$\frac{1}{4}$ pint Milk or Cream.	

Method.—Mix all the ingredients well together, pour into a buttered mould, cover with a greased paper and steam $2\frac{1}{2}$ hours. Turn out carefully and serve with brandy sauce.

(302)

VIENNOISE PUDDING.

5 ozs. Bread.	2 ozs. Candied Peel.
3 ozs. Castor Sugar.	1 oz. Loaf Sugar.
3 ozs. Sultanas.	Rind 1 Lemon.
$\frac{1}{2}$ pint Milk.	Yolks of 4 Eggs.

1 wineglass of Sherry.

Method.—Cut the bread into small dice, shred the candied peel, grate the lemon rind and clean the sultanas. Put all into a basin with the castor sugar. The loaf sugar should be placed in a saucepan with a teaspoonful of water and stir over the gas until it is a dark brown colour, then add the milk and let the lump sugar dissolve in the milk, pour this gradually to the yolks of the eggs and strain over the bread and the other dry ingredients in the basin, add the sherry, pour the pudding into a well greased mould and steam $1\frac{1}{2}$ hours. Serve with German sauce.

(303)

WINDSOR PUDDING.

4 ozs Raisins.	1 oz. Candied Peel.
Slices of Bread and Butter.	Nutmeg.
1 $\frac{1}{2}$ ozs. Currants.	2 Eggs.
$\frac{3}{4}$ pint Milk.	1 tablespoonful Sugar.

Method.—Take a quart pudding mould, well butter it and stick some (seeded) raisins and strips of peel in regular rows on the inside. Cut the remainder of the raisins in small pieces, and clean the currants. Put in some slices of bread and butter, sprinkle over a few raisins and currants, and grate over a little nutmeg, continue until the mould is nearly full, beat up the eggs, add the sugar and milk, pour this over the bread and let the pudding soak an hour; cover with a greased paper and steam $1\frac{1}{2}$ hours; serve with sweet sauce.

(304)

YORK PUDDING (FRUIT).

Bread.	Sugar.	Fruit.
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Method.—Take a quart sized basin, cut some strips of bread about $\frac{1}{4}$ of an inch in thickness and two rounds of bread to cover the bottom and top of the basin, dip the bread in water and press to the shape of the basin, fill up the basin with raspberries, add a little sugar, put on the round of bread, cover with a plate, put a weight on the top to press; time to press about three hours; turn out carefully into a glass dish and pour over a thick custard or whipped cream; other fruit can be used instead of the raspberries.

(305)

HOME MADE CHEESE CAKES.

Method.—Pour two well beaten eggs into half a pint of boiling milk. Place this curd to drain, add $1\frac{1}{2}$ ounces sugar, pinch of salt, $1\frac{1}{2}$ ounces butter (melted), 1 oz. of currants, rind of $\frac{1}{2}$ lemon (grated), 2 tablespoonsful thick cream, and a little brandy.

(306)

APRICOT CHEESE CAKE MIXTURE.

1 Egg, its weight in Butter, A few drops of Essence of Sugar and Flour. Almonds.

Pinch of Baking Powder. Apricot Jam.
(Sufficient for 6 ozs. of Pastry).

Method—Line patty pans with rough puff pastry, put in a little apricot jam, and a teaspoonful of the mixture on the top. Bake about twenty minutes. *Method for Mixture.*—Beat the butter and sugar to a cream, mix in the egg, add the flour, baking powder and Essence of Almonds.

(307)

SARATOGA TARTLETS.

Patty pans lined with pastry and filled with the following mixture:—The weight of 1 Egg in Butter, Sugar and Flour; 1 oz. Glacé; Cherries; A few drops of Essence of Vanilla.

Method.—Beat the butter to a cream, mix in the sugar and egg well beaten; stir in the flour and vanilla; cut the cherries in half and mix all well together. Bake in a quick oven for twenty minutes.

(308)

CHOCOLATE TARTLET FILLING.

2 Eggs (beaten).	1 oz. Butter.
$1\frac{1}{2}$ ozs. Sugar.	2 ozs. Chocolate (Cadbury's)
A few drops Essence of Vanilla.	(grated).

Method.—Cream the butter and sugar, beat in the chocolate, add the sugar, vanilla, and eggs. Beat ten minutes.

ALMOND CHEESE CAKE MIXTURE.

$\frac{1}{4}$ lb. Sweet Almonds.	3 Bitter Almonds (blanched and pounded)
Rind 1 Lemon (grated).	1 teaspoonful Brandy.
Whites of 2 Eggs (stiffly whipped).	1 tablespoonful thick Cream.
$\frac{1}{4}$ lb. Castor Sugar.	$\frac{1}{4}$ oz. Butter.

Method.—Place the almonds in a basin and mix in the sugar, lemon rind, and butter melted, add the brandy and cream, stir in the whites, place a little of the mixture into patty pans lined with puff pastry.

MARMALADE CUSTARDS.

2 tablespoonsful Marmalade.	2 Eggs.
2 tablespoonsful Milk.	1 oz. Butter.
	$\frac{1}{2}$ oz. Sugar.

Method.—Cream the butter and sugar, mix in the marmalade, add the eggs (beaten) and the milk. Line patty pans with pastry, and put in about a teaspoonful of the mixture, bake in hot oven about fifteen minutes.

VANILLA CUSTARD SLICES.

$\frac{1}{2}$ lb. Puff Pastry.	$\frac{3}{4}$ pint Thick Custard.
	Clear Icing.

Method.—Roll the pastry into two long strips, two inches wide, and bake this in a quick oven for twelve minutes; take out and spread with thick custard, flavour with vanilla essence and sweeten with sugar, and place the other strip of pastry on the top. Ice with clear icing, and cut into sandwiches and serve.

CREAM CORNETS.

6 ozs. Puff Pastry.	$\frac{1}{2}$ pint Thick Cream.
1 oz. Castor Sugar.	A few drops of Essence Vanilla.
White of 1 Egg.	Jam.

Method.—Roll some thin strips of pastry one-and-a-half inches wide round the outside of greased cornet moulds, commencing at the point, and folding each layer over the other, finish off neatly by trimming the edge, and brush them over with beaten white; bake in quick oven about ten minutes. Remove the moulds, put in a little jam, whip the cream stiffly, add the sugar and flavouring, put into a forcing bag with a rose forcer attached. When the pastry is cold force the cream into it.

(313)

MACAROON CHEESE CAKES.

2 ozs. Almonds (chopped and pounded).	3 ozs. Castor Sugar.
Whites of 2 Eggs.	1 ozs. Rice Flour.
	5 or 6 drops Essence Almonds.
A pinch of Carbonate of Soda and Cream of Tartar.	

Method.—Place whites in a basin, beat them a little, add almonds, sugar, and essence of almonds; beat it for ten minutes, then add rice flour, soda, and cream of tartar. Line some patty pans with pastry, put a little raspberry jam on the paste and a teaspoonful of the mixture on the top, bake in a hot oven about fifteen minutes.

(314)

SWISS PUDDINGS.

1 oz. Butter.	2 ozs. Sugar.
2 ozs. Currants.	1 oz. Candied Peel (cut small).
2 Eggs.	Rind of $\frac{1}{2}$ Lemon (grated).
1 tablespoonful Savoy	Juice of $\frac{1}{2}$ Lemon.
Biscuit Crumbs.	

Method.—Place butter in a saucepan and when melted, add sugar, currants, peel, and crumbs, add the lemon rind and juice; beat eggs and add to the mixture; half fill patty pans lined with pastry and bake twenty-five minutes in a hot oven. When cold spread with icing and place on top a piece of citron peel.

(315)

LEMON ICING.

6 ozs. Icing Sugar.	About a dessertspoonful of Lemon Juice.
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Method.—Crush the icing sugar, mix in the juice, and add enough boiling water to make the consistency of thick cream.

(316)

APRICOT PATTIES.

Line patty pans with rough puff pastry and bake (put a piece of bread crust in each patty to prevent the pastry rising in the middle) then bake the pastry.

$\frac{1}{2}$ a bottle or tin of Apricots. 3 ozs. Sugar.

3 tablespoonsful of liquor from the Apricots. 1½ gills Thick Cream, whipped, sweetened, and flavoured with Essence of Vanilla.

Method.—Boil the sugar and liquor until quite thick, put in the apricots and simmer a few minutes, when quite cold place half an apricot in each piece of pastry and ornament with the whipped cream.

(317)

LEMON TARTLET FILLING.

2 ozs. Sugar. Rind 1 Lemon (grated).

Juice 1 Lemon. 2 ozs Butter.

1 oz. Cake Crumbs. 2 Eggs.

Method.—Mix all well together, half fill patty pans lined with pastry and bake.

(318)

BANBURY CAKE MIXTURE

2 ozs. Butter. 2 ozs. Mixed Peels.

$\frac{1}{2}$ lb. Currants. 1 oz. brown Sugar.

$\frac{1}{4}$ teaspoonful of Allspice. $\frac{1}{4}$ teaspoonful of Cinnamon.

Method.—Beat the butter to a cream, add the other ingredients and mix well. This mixture should be kept in a covered jar.

(319)

COCOANUT PUFFS.

2 ozs. Desiccated Cocoanut (sufficient milk to soak it); the same quantity of Apple Pulp.

Method.—Mix together, sweeten to taste. Make into puffs. Brush over with white of egg, sprinkle thickly with cocoanut, and bake in quick oven for about twenty minutes.

(320)

MINCEMEAT.

1 lb. Demerara Sugar.	$\frac{3}{4}$ lb. Suet.
1 lb. Raisins.	1 lb. Currants.
Salt.	$\frac{1}{2}$ lb. Mixed Peels.
1 Nutmeg (grated).	$1\frac{1}{2}$ lb. Apples (when peeled and cored).
2 wineglasses of Brandy.	

A little Cinnamon can be added if liked; also, 4 ozs. of Dried Glacé Cherries (cut up small).

Method.—Peel, core and chop the apples finely, place them in a bowl and grate over the nutmeg, then add the sugar, mix in the suet (finely chopped) and the remainder of the ingredients.

(321)

FLORENTINES.

Method.—The trimmings of puff pastry, roll out very thinly and bake on a tin. Spread with jam. Whip the whites of two eggs to a stiff froth, add 1 oz. sugar, spread this over the jam and sift 1 oz. sugar over, sprinkle over 2 ozs. almonds (chopped), place in oven to brown.

(322)

HIGHLAND TARTS.

2 ozs. Butter.	2 ozs. Sugar.
1 oz. Cherries.	1 oz. Candied Peel.
1 oz. Cake Crumbs.	$\frac{1}{2}$ oz. Cornflour.
1 Whole Egg.	1 White (stiffly whipped).
	1 teaspoonful Brandy.

Method.—Beat the butter to a cream, add the egg and sugar, cut up the cherries, stir them in, add the cake crumbs, cornflour, brandy, and white of the egg. Mix all well together, line some patty pans with pastry and put in a teaspoonful of the mixture; bake about twenty minutes in a hot oven; sift oven sugar.

(323)

CREAM TARTLETS.

Raspberry Jam.	1 teaspoonful Flour.
1 gill Cream.	$\frac{1}{2}$ oz. Butter.
2 teaspoonsful Sugar.	2 Eggs
Grated Rind of $\frac{1}{2}$ Lemon.	8 Ratafias (crushed).

Method.—Mix the flour and cream together, add the sugar, eggs, lemon rind, and ratafias; line some patty pans with pastry, put in a little jam and half fill with the mixture.

(324)

CONGRESS TARTS.

Pastry:—

6 ozs. Flour.	3 ozs. Butter.
1 oz. Sugar.	$\frac{1}{4}$ teaspoonful Baking Powder.
Sufficient water to mix to a stiff paste.	

Method.—Place flour and sugar in a basin, rub in the butter, add baking powder, mix in the water. Turn on to a floured board and roll out $\frac{1}{8}$ of an inch in thickness. Line some patty pans with the paste and put a little jam at the bottom.

Mixture:—

2 ozs. Butter.	2 ozs. Sugar.
2 ozs. Pounded Almonds.	2 Yolks.
2 Whites (1 beaten to a stiff froth).	1 dessertspoonful Corn Flour. A few drops Essence Almonds.

Method.—Beat the butter to a cream, add the sugar, corn-flour, two yolks and one white, mix in the almonds, flavouring, and the white beaten to a froth. Half fill patty pans, put two strips of pastry crossways on each, brush with white of egg, dust sugar over, and bake about twenty minutes in a hot oven.

(325)

POTATO CHEESE CAKE MIXTURE (No. 1).

Grated Rind of 1 Lemon.	2 ozs. Castor Sugar.
3 ozs. Boiled Potato (mashed).	2 ozs. Butter.
	1 Whole Egg and 1 Yolk.

Method.—Mix all well together. Sufficient for $\frac{1}{2}$ lb. pastry.

POTATO CHEESE CAKE MIXTURE (No. 2).

4 ozs. Mashed Potatoes (hot).	2 ozs. Candied Peel (chopped).
2 ozs. Castor Sugar.	2 ozs. Butter.
	$\frac{1}{2}$ gill thick Cream.

Method.—Rub the potatoes while hot through a wire sieve, add the butter warm, mix in the sugar, candied peel, cream, and beat the white of one egg to a stiff froth, mix in the eggs and white lightly.

(326)

CURD CHEESE CAKE FILLING.

1 Small Curd.	2 ozs. Butter.
Grated Rind of 1 Lemon.	1 oz. Currants.
1 tablespoonful Brandy.	1 tablespoonful Cream.
2 Eggs.	1 doz Sweet and two Bitter
2 ozs. Sugar.	Almonds (pounded).

Method.—Beat the butter to a cream then mix in the curd thoroughly, add the sugar, lemon rind, currants, and almonds. Stir in the cream and add the eggs which should be well beaten, and lastly the brandy ; sufficient for $\frac{3}{4}$ lb. of pastry.

(327)

RICH CURD CHEESE CAKES.

4 ozs. Pressed Curd.	1 oz. Ratafias.
1 $\frac{1}{2}$ ozs. Butter.	Salt.
Grated rind 1 Orange.	$\frac{1}{2}$ gill Cream.
3 ozs. Sugar.	

Method.—Pound the curd and ratafias, melt the butter, mix it with the curd, add the sugar, orange rind, cream, salt, and eggs well beaten.

(328)

RICHMOND MAIDS OF HONOUR.

2 ozs. Butter.	2 ozs. Sugar.
Grated rind and juice $\frac{1}{2}$ a	1 Egg.
Lemon.	1 oz. Dessicated Cocoanut.
1 tablespoonful Cooked Sago.	

Method.—Cream together the butter and sugar, stir in the cocoanut and the egg (beaten), add lemon rind and juice, and, lastly, the sago. Half fill patty pans lined with pastry, and bake in a hot oven about fifteen minutes

(329)

LEMON CHEESE CAKE MIXTURE.

2 ozs. Butter.	$\frac{1}{2}$ lb. Castor Sugar.
Grated rind 2 Lemons and	2 large or 3 small Eggs.

juice of 2.

Method.—Place all in a stone jam jar, put the jar in a saucepan about half filled with boiling water, keep the water boiling round the jar, and stir the mixture until it is as thick as good cream.

air when the soufflé is cooking which makes it light. When the soufflé is firm in the centre it is sufficiently cooked, and should be served at once, as it will begin to sink rapidly. The plain omelet soufflé is the most difficult to cook; if left in the oven two or three minutes over time it will be quite spoilt and become tough and leathery. Gas stoves are really excellent for preparing omelets.

(339)

OMELET SOUFFLE.

Whites of 5 Eggs	Grated rind $\frac{1}{2}$ Lemon.
Yolks of 3 Eggs.	1 $\frac{1}{2}$ ozs. Castor Sugar.
1 dessertspoonful Lemon Juice.	

Method.—Add a pinch of salt to the whites of the eggs and whip them to a stiff froth. Beat to a cream the yolks and the sugar, then add the lemon juice, stir in the beaten whites lightly and turn the mixture into an oiled pie dish, sprinkle it with sugar and bake in a hot oven eight to ten minutes. Serve it once in the same dish in which it is baked

(340)

VANILLA SOUFFLE.

$\frac{1}{2}$ pint Milk.	2 ozs. Flour.
2 ozs Butter.	1 $\frac{1}{2}$ ozs Castor Sugar.
$\frac{1}{2}$ teaspoonful Vanilla.	4 Eggs.
Salt.	

Method.—Make a sauce with the flour, butter, and milk, bring to the boil and stir for five minutes to cook the flour, beat the yolks and sugar to a cream and stir them in. Mix thoroughly and set away to cool, when cool stir in lightly the whites of the eggs, which have been beaten to a stiff froth, half fill some small paper or china cases, which have been buttered, and bake ten minutes. This soufflé may be varied by using different flavours, also by putting a layer of crushed fruit on the dish. If fruit is used, bake in a pie dish.

(341)

CHOCOLATE SOUFFLE.

3 ozs. Cadbury's Chocolate (grated).	1 tablespoonful Sugar.
1 $\frac{1}{2}$ ozs. Butter.	2 ozs. Flour.
Yolks of 3 Eggs.	Whites of 4 Eggs.

1 $\frac{1}{2}$ gills Milk.

Method.—Melt the butter in a small saucepan, then stir in the flour and add the milk by degrees, stir until smooth and thickened, remove it from the gas, and add gradually the yolks and sugar, which have been beaten to a cream, melt the chocolate in a little boiling milk and stir it in, stir for a few minutes, then stir in lightly the whites of the eggs, which have been whipped to a stiff froth. Turn the mixture into a buttered tin, filling to two-thirds full, tie band of buttered paper round the tin to come about three inches above the top and steam thirty minutes. Place the tin on a very hot dish and serve at once.

(342)

OYSTER SOUFFLÉ.

1 doz. Oysters	2 ozs. Flour.
3 Eggs.	1½ ozs. Butter.
3 small Whitings.	¼ pint Cream or Milk.
¼ pint Oyster Liquor.	Few drops Lemon Juice.
Pepper, Salt, and Cayenne	

Method.—Take the fish from the bones of the whiting and rub through a wire sieve. Make a sauce with the butter, flour, and oyster liquor, stir and cook well. Remove the beards and hard white parts from the oysters, and cut each one into four pieces, pound the panada (or thick sauce) and whitings with the yolks of the eggs. Season with pepper, salt, and cayenne, stir in the cream, oysters, and, lastly, the whipped whites of the eggs. Pour the mixture into a buttered soufflé tin, cover with buttered paper and steam thirty minutes or until the soufflé is firm in the centre, pour oyster sauce round.

(343)

PLAIN FRENCH OMELET.

An omelet is most difficult to prepare. It requires some practice to give it the right shape (which is high in the centre and pointed at the ends), to have it soft in the middle, and to give it a smooth, slightly browned surface, and to have everything perfect. The first essential is to have a perfectly clean and smooth pan. It is impossible to make a smooth omelet in a pan used for other purposes, one should be kept for this use alone. It is better not to wash the omelet pan but rub it clean with a dry cloth. Before using the pan rub it over with dry salt. It is better to make two or three small omelets than one large one, using not more than three eggs for each one.

3 Eggs.	Small half teaspoonful of Salt.
A dash of Pepper.	1 tablespoonful Milk or Cream.
	$\frac{1}{2}$ oz. Butter.

Method.—Have the pan evenly heated and hot, but not scorching. Put in the butter and let it run evenly over the pan, but do not let it discolour, beat the eggs, add the salt, pepper, and cream, pour this into the pan, with a knife or fork gently stir the eggs until they are cooked. When the eggs are cooked but quite soft on the top, lift the pan on one side, slip the knife under, and carefully roll the omelet to the centre. Place a hot dish over the pan and turn them together, so that the omelet will fall in the right place, press it into good shape, doubling the ends under if necessary. Garnish with parsley and serve at once. Have everything ready before beginning to cook an omelet, as it will spoil if kept while the dish is warmed, and the garnishing found.

(344)

VARIATIONS OF THE OMELET.

- No. 1.—Sprinkle a little parsley, chopped fine, over the top.
- No. 2.—Pour tomato, bechamel, or mushroom sauce around the omelet; sprinkle the top with chopped parsley or mushroom if that sauce is used.
- No. 3.—Add one teaspoonful of finely chopped parsley with the egg mixture before cooking the omelet, and do not brown the surface.
- No. 4.—With peas or tomatoes. Before turning a plain omelet, spread it with a few green peas or sliced tomatoes cooked in a buttered tin and seasoned.
- No. 5.—Add one tablespoonful of grated cheese to the eggs, and sprinkle cheese on the top.
- No. 6.—With ham. Spread the omelet with ham, chopped fine, before turning it. Any other cooked meat may be used in the same way.
- No. 7.—With buttered mushrooms. Peel the mushrooms and cook them in a tin, add sufficient butter to keep them from drying. Season with pepper and salt, and lay them between the omelet.

(345)

BEATEN OMELET.

3 Eggs.

 $\frac{3}{4}$ oz. Butter.

1 tablespoonful of Milk.

Salt and Pepper.

Method.—Beat very lightly the yolks and whites of the eggs separately, season the yolks with pepper and salt, add the milk, and then fold in lightly the whipped whites of the eggs. Put the butter in a hot omelet pan. Let it run over the bottom and sides of the pan, but do not let it brown. Pour in the egg mixture, spread it lightly and evenly over the pan, and let it cook until it forms a light crust on the bottom, then place it in a moderately hot oven about three minutes, or until the egg is cooked through, but not hard; fold it once and turn it into a hot dish. This omelet may be used the same as the French omelet in combination with other things. Spread anything so used on the omelet before turning it. For a sweet omelet add sugar to the yolks and omit the pepper. Serve at once.

(346)

JAM OMELET.

Method.—Make a beaten omelet as directed above, using four eggs; omit the pepper and add a little powdered sugar and a few drops of essence of vanilla. When the omelet is ready to turn, place in the centre one tablespoonful of any jam (apricot is good) and fold. Turn the omelet on to a hot dish and sprinkle it with sugar.

(347)

SWEET PANCAKES.

3 Eggs.

 $\frac{1}{2}$ teaspoonful Salt.

1 dessertspoonful Salad Oil.

1 cupful Milk.

 $\frac{1}{2}$ cupful Flour.

1 teaspoonful Sugar.

Method.—Place the flour in a basin, drop in the yolks of the eggs, add the salt, sugar, and beat in the milk gradually until a smooth batter is formed; beat up the whites of the eggs lightly, stir them in, and, lastly, the oil. Bake on a hot griddle in large or small cakes, as desired; spread each cake with butter and a little jam or jelly, then roll them, sprinkle with sugar and serve at once.

FRITTERS.

With fritter batter a number of good sweets are made, which, if properly fried, will be entirely freed from grease and quite wholesome.

(348)

FRITTER BATTER.

2 Eggs. 4 ozs. Flour.

1 tablespoonful Olive Oil. 1 saltspoonful of Salt.
 $\frac{3}{4}$ gill Tepid Water.

If for sweet fritters, one teaspoonful of sugar and one dessertspoonful of brandy.

For oyster fritters use one tablespoonful of lemon juice, salt, and pepper, to taste, and the liquor of the oysters instead of water.

Method.—Stir the salt into the yolks of the eggs, add slowly the oil, then the brandy and the sugar; the brandy may be omitted, if desired, and if so use a little more oil. When well mixed stir in slowly the flour, and then the water, a little at a time. Beat it well and set it aside for two or three hours; when ready to use stir in the whites of the eggs beaten to a stiff froth. The batter should be very light and thick, and of the consistency to coat completely the article it is intended to cover.

(349)

APPLE FRITTERS.

Method—Peel and core the apples without cutting them up, then cut in rings one quarter of an inch thick; dip them in batter, taking care to have them completely coated, and drop them into hot fat. Fry a golden brown, drain on paper in an open oven until all are fried; then roll them in castor sugar and serve on a d'oyley the rings overlapping; serve with a sauce flavoured with brandy or sherry.

(350)

PEACH OR APRICOT FRITTERS.

Method.—Cut the fruit in half, sprinkle with sugar, moistened with brandy, and roll them in powdered macaroons before dipping them in the batter. Fry as directed above; well-drained tinned or bottled fruit may also be used for fritters.

(351)

ORANGE FRITTERS.

Method.—Cut the oranges in quarters, take out the seeds, and run a knife between the pulp and peel, freeing the orange and leaving it raw; roll them in powdered sugar, and dip in batter before the sugar has time to dissolve, fry as directed for apple fritters.

(352)

BALLOONS.

Method.—Put a cupful of water in a saucepan; when it boils add one tablespoonful of butter, when the butter is melted add one cupful of flour and beat it with a fork or wire whisk until it is smooth and leaves the sides of the pan. Remove from the fire and add three eggs, one at a time, beating each one well before adding the next. Let it stand until cold; when ready to serve drop a spoonful at a time into smoking hot fat and fry to an amber colour, drain on paper. The batter will puff into hollow balls, fry only two or three at a time as more cool the fat too much, and they must be kept separated, sprinkle with castor sugar and pile on a d'oyley; serve with preserve or lemon sauce.

SAUCES.**REMARKS.**

Be careful when making any sauce with flour in it, to well cook the flour, otherwise it will have a raw pasty taste. The consistency of a sauce should depend on the purpose for which it is intended. Such as oyster and lobster sauce are served rather thick, a sauce for coating quenelles, fillets, or chicken, etc., just thick enough to cover without disguising them. Proportions are given for each sauce in the following recipes, but as different flours vary as to the quantity of moisture they absorb, sometimes a little more liquid may be found necessary, or sometimes a little less than the quantity stated.

(353)

APPLE SAUCE.

1 lb. good Cooking Apples. 3 ozs. Sugar.

 $\frac{1}{2}$ oz. Butter. 2 tablespoonsful of Water.

Method.—Peel, core, and slice the apples, add the water, and cook gently until tender, stir in the sugar and butter and re-heat.

(354)

BREAD SAUCE.

 $\frac{1}{2}$ pint Milk. 6 Cloves.

1 small Onion. 3 ozs. Bread Crumbs.

Pepper and Salt. 1 oz. Butter.

 $\frac{1}{4}$ pint Cream.

Method.—Stick the cloves in the onion, put the milk in a saucepan, add the onion, and simmer gently about an hour, take out the onion, add the crumbs, butter, about a $\frac{1}{4}$ teaspoonful salt, a good pinch of pepper, and the cream, stir until the bread crumbs have absorbed the milk.

(355)

ANCHOVY SAUCE.

1 oz. Butter. 1 oz. Flour.

 $\frac{1}{2}$ pint Milk. $\frac{1}{2}$ teaspoonful Lemon Juice.

1 teaspoonful Essence of Anchovy. A pinch Salt and Pepper.

 $\frac{1}{2}$ gill Cream. Few grains Cayenne.

4 drops Carmine.

Method.—Melt butter in a saucepan, stir in flour smoothly, add pepper, salt, cayenne, and milk by degrees, stir until boiling, boil three minutes, add lemon juice, essence of anchovy, carmine, and cream. Make very hot and serve.

(356)

BROWN SAUCE.

 $\frac{1}{2}$ pint of good Brown Stock. Small piece of Onion. $\frac{1}{4}$ teaspoonful of Salt. $\frac{3}{4}$ oz. of Flour.1 teaspoonful of Bovril. $\frac{1}{2}$ oz. of Butter.

A few drops of Caramel. Pinch of Pepper.

Method.—Melt the butter in a saucepan, fry the onion in it a golden brown, add the flour and stock by degrees; stir until boiling, add caramel and seasoning, and strain.

(357)

CLARIFIED BUTTER.

Method.—Put half-a-pound of fresh butter in a saucepan, stand over a very little heat, boil very gently, skimming well, until it looks like clear salad oil; pour very carefully into a sauce-boat, keeping back the sediment. Serve with boiled fish, artichokes, asparagus, etc.

(358)

WHITE SAUCE.

1 oz. Butter.	$\frac{3}{4}$ oz. Flour.
$\frac{1}{2}$ teaspoonful of Salt.	$\frac{1}{2}$ pint of Milk.
$\frac{3}{4}$ oz. Flour	$\frac{1}{2}$ gill of Cream.
1 teaspoonful of Lemon Juice.	$\frac{1}{8}$ teaspoonful of Pepper,

Method.—Melt the butter in a saucepan, stir in the flour smoothly, add seasoning and milk by degrees, stir until boiling, boil three minutes, add cream and lemon juice.

(359)

FENNEL SAUCE.

Handful fresh Fennel.	$\frac{3}{4}$ oz. Flour.
$\frac{1}{2}$ pint Milk.	2 ozs. Butter.
Salt.	Pepper.

Method.—Put the fennel into a saucepan, cover with cold water, add pinch of carbonate of soda, bring to the boil, strain, press away the water, pound the fennel with one ounce of the butter, melt remainder of the butter in a saucepan, stir in the flour smoothly, add seasoning and milk by degrees, stir until boiling; boil three minutes, add pounded fennel and serve.

(360)

MELTED BUTTER SAUCE.

1 $\frac{1}{2}$ ozs. Butter.	1 oz. Flour.
$\frac{1}{2}$ pint Milk or Water.	Salt.
$\frac{1}{2}$ teaspoonful Lemon Juice.	Pepper.

Method.—Melt the butter in a saucepan, stir in flour smoothly, add pepper, salt, and milk by degrees, stir until boiling, boil three minutes, add lemon juice.

(361)

OYSTER SAUCE.

1½ ozs. Butter.	1 oz. Flour.
9 Oysters.	1 gill Milk.
¼ pint Fish Stock.	½ gill Cream.
1 teaspoonful Lemon Juice.	Pepper. Salt.

Method.—Beard the oysters, scald beards in their liquor and strain. Melt butter in a saucepan, stir in flour smoothly, add seasoning, stock and liquor by degrees, boil three minutes; add cream, oysters, and lemon juice.

(362)

PARSLEY SAUCE.

1 oz. Butter.	½ pint Milk.
2 tablespoonsful of Thick Cream.	1 tablespoonful of finely chopped Parsley.
1 oz. Flour.	Pepper. Salt.

Method.—Melt butter in a saucepan, stir in the flour, add milk by degrees, stir until boiling; add salt and pepper, stir in the cream and parsley, and boil three minutes.

(363)

MINT SAUCE.

4 tablespoonsful of finely chopped Mint.	2 tablespoonsful Brown Sugar.
	½ pint Malt Vinegar.

Method.—Mix together and let the sauce stand two or three hours before serving.

(364)

PIQUANT SAUCE.

1 pint of Brown Sauce.	2 tablespoonsful of Vinegar.
2 tablespoonsful of Capers.	2 tablespoonsful of finely chopped Shallot.
Pepper and Salt to taste.	

Method.—Put the capers and shallot in the vinegar, and simmer until the shallot is quite soft. Pour in the sauce and let it boil up, add pepper and salt to taste.

(365)

SUPREME SAUCE.

1½ ozs. Butter.	1 oz. Flour.
The Juice of ½ a Lemon.	½ pint of White Stock.
1 doz. White Button Mush- rooms.	Pepper and Salt to taste.

Method.—Melt butter in a saucepan, stir in the flour and add stock by degrees; stir until boiling, put in the mushrooms and lemon juice. Cook the sauce well and strain it.

(366)

WHITE CHAUDFROID SAUCE.

½ pint Supreme Sauce.	¼ pint Cream.
¼ pint Aspic Jelly.	¼ oz. Nelson's Gelatine.
1 dessertspoonful Lemon Juice.	

Method.—Warm up the supreme sauce and the aspic jelly separately, then mix both together, soak the gelatine and add to the sauce, add lemon juice, boil up, allow this to simmer for a few minutes, pass through a fine strainer, add the cream and use.

(367)

BROWN CHAUDFROID SAUCE.

Method.—Make the same as the preceding recipe, using brown sauce in the place of supreme sauce.

(368)

GLAZE.

Glaze is much used in high-class cooking. It gives to meats a smooth and polished surface. Cold meats to be garnished for suppers are much improved in appearance by being glazed. Glaze is also added to sauces to give them richness and flavour. To make glaze, take good consommé of beef, clear it and reduce it to one quarter (or one quart of stock to one cupful). It will quickly boil down in an open saucepan and become like a thick jelly. It will keep some time if closed in a preserve jar and kept in a cool place. When used, heat it in a double pan and apply it with a brush.

(369)

MAYONNAISE.

$\frac{1}{2}$ pint Salad Oil.	1 teaspoonful dry Mustard.
2 Raw Yolks.	1 tablespoonful Malt Vinegar.
$\frac{1}{2}$ teaspoonful Salt.	$\frac{1}{4}$ teaspoonful Pepper.
1 dessertspoonful Tarragon Vinegar.	

Method.—Put the yolks of the eggs into a basin, mix with a wooden spoon, add the oil drop by drop. Mix backwards and forwards very slowly, holding the back of the spoon towards you, mix until the consistency of very thick cream, then carefully add the remainder of ingredients.

(370)

CREAM DRESSING FOR SALADS.

Yolks of 3 Eggs (hard-boiled).	1 gill Cream (thick).
1 teaspoonful Mixed Mustard.	3 tablespoonsful Malt Vinegar.
	$\frac{1}{2}$ teaspoonful Castor Sugar.
	$\frac{1}{2}$ teaspoonful Salt.

$\frac{1}{4}$ teaspoonful Pepper.

Method—Pound the yolks, add the mustard, salt, sugar, and pepper, mix in the cream gradually, then add the vinegar.

(371)

CELERY SAUCE.

1 Head Celery.	$1\frac{1}{4}$ ozs. Flour.
$\frac{1}{2}$ pint Milk.	$1\frac{1}{2}$ ozs Butter.
Pepper.	$\frac{1}{2}$ pint White Stock.
$\frac{1}{2}$ gill Cream.	Salt

Method—Blanch celery, put into a saucepan with milk and stock, simmer very gently until tender, rub through a wire sieve, melt butter in a saucepan, stir in flour smoothly, add pepper, salt, and the celery by degrees, stir until boiling, add cream, cook three minutes.

(372)

TOMATO SAUCE.

$\frac{1}{2}$ lb. Tomatoes.	$\frac{1}{2}$ teaspoonful Salt.
$1\frac{1}{2}$ ozs. Butter.	Small Piece of Onion.
$\frac{1}{2}$ pint White Stock.	1 oz. Flour.
$\frac{1}{8}$ teaspoonful Pepper.	$\frac{1}{2}$ gill Cream.

Method.—Melt butter in a saucepan, fry onion a golden brown, add tomatoes (cut in slices) and stock; simmer very gently for half-an-hour, rub through a wire sieve. Melt remaining butter in a saucepan, stir in flour by degrees, add stock and seasoning, stir until boiling, cool a little and add the cream. It is better to scald the cream before adding it to the sauce.

(373)

EGG SAUCE.

2 Eggs, boiled hard.	1 oz. Butter.
$\frac{1}{2}$ pint Milk.	$\frac{3}{4}$ oz. Flour.
Pepper.	Salt
Cayenne.	$\frac{1}{2}$ teaspoonful of Lemon Juice.
	2 teaspoonsful of Cream.

Method.—Melt the butter in a saucepan, stir in the flour smoothly, add pepper, salt, cayenne and milk by degrees; stir until boiling, boil for three minutes, add lemon juice and eggs, chopped finely; stir in the cream, make very hot, serve to salt fish.

(374)

SOUBISE SAUCE (ONION).

3 Onions.	$1\frac{1}{2}$ ozs. Butter.
1 oz. Flour.	$\frac{1}{2}$ pint Milk.
$\frac{1}{8}$ of a teaspoonful of Pepper.	$\frac{1}{2}$ teaspoonful Salt.
	2 tablespoonsful Cream.

Method.—Peel the onions, blanch them, put into a saucepan, cover with water, cook gently, when tender strain and chop finely. Melt butter in a saucepan, stir in flour smoothly, add pepper, salt, and milk by degrees, stir until boiling, add onions, boil again, add cream and a dust of nutmeg.

(375)

CAPER SAUCE.

$\frac{3}{4}$ oz. Flour.	1 oz. Butter.
$\frac{1}{2}$ pint Milk.	Pepper.
1 tablespoonful Capers.	$\frac{1}{2}$ teaspoonful Salt.
	1 dessertspoonful Vinegar.

Method.—Melt butter in a saucepan, stir in the flour smoothly, add seasoning and milk by degrees, stir until boiling, boil three minutes, add capers and vinegar. Mix well together and use. If for serving with boiled mutton use liquor in which the meat was boiled instead of milk.

(376)

HORSERADISH SAUCE.

1 stick Horseradish	1 Egg (boiled hard).
1 gill Cream.	$\frac{1}{2}$ teaspoonful Salt.
1 teaspoonful mixed Mustard.	$\frac{1}{2}$ teaspoonful Castor Sugar.
Pinch of Pepper.	3 tablespoonsful Vinegar.

Method.—Pound the yolk of the egg, add the horseradish (grated finely), add rest of ingredients, mix well together.

(377)

LOBSTER SAUCE.

1 $\frac{1}{2}$ oz. Butter.	$\frac{1}{4}$ teaspoonful Salt.
1 oz. Flour.	$\frac{1}{8}$ teaspoonful Pepper.
$\frac{1}{2}$ pint Fish Stock or Milk.	$\frac{1}{2}$ gill Cream.
$\frac{1}{2}$ teaspoonful Lemon Juice.	$\frac{1}{2}$ teaspoonful Essence Anchovy

Small tin lobster or half a fresh lobster.

Method.—If using a fresh lobster, put it into a saucepan of boiling water, boil quickly for half-an-hour with one teaspoonful of salt, melt butter in a saucepan, stir in flour smoothly, add seasoning and stock by degrees, stir until boiling, boil three minutes, add lobster, cut into small pieces, lemon juice, essence of anchovy, and cream, cook gently five minutes, then add a few drops of carmine to make it a good colour.

(378)

SHRIMP SAUCE.

1 pint Shrimps.	$\frac{1}{2}$ pint Fish Stock.
1 $\frac{1}{2}$ ozs. Butter.	1 oz. Flour.
$\frac{1}{2}$ pint Milk.	A little Cream.
Few drops Carmine.	1 teaspoonful Lemon Juice.
Pepper.	Salt.

Method.—Put the heads and tails of shrimps in a saucepan, add the stock (or water), simmer gently twenty minutes, strain, melt the butter in a saucepan, stir in the flour smoothly, add pepper, anchovy, and stock by degrees, stir until boiling, add shrimps, milk, and cream, boil three minutes, add lemon juice and carmine; serve very hot.

(379)

CHEAP GLAZE.

$\frac{1}{2}$ pint Water.	Salt.
Pepper.	1 oz. Gelatine.
Caramel.	2 teaspoonsful of Bovril.

Method.—Soak the gelatine in the water for twenty minutes, place it in a saucepan, season with pepper and salt, add Bovril and stir until the gelatine is dissolved; colour a deep brown with the caramel or gravy browning. Boil a few minutes to clear it, then pour into a jar and keep air-tight.

SWEET SAUCES.

(380)

JAM SAUCE.

1 tablespoonful Apricot Jam.	$1\frac{1}{2}$ gills Water.
1 oz. Sugar.	2 tablespoonsful Sherry.
Strips of Lemon Rind.	Few drops of Carmine.

Method—Put water, sugar, jam and lemon-rind in a saucepan, cook gently ten minutes; add the sherry, strain and add the carmine. Any kind of jam can be used for this sauce.

(381)

LEMON SAUCE.

Juice and Rind of 1 Lemon.	$1\frac{1}{2}$ gills cold Water.
$1\frac{1}{2}$ ozs. Sugar.	1 tablespoonful of Sherry.

Method.—Put the rind of lemon in a saucepan with the cold water, simmer slowly for twenty minutes; add the juice strained, and the sugar, boil three minutes; add the sherry and strain.

(382)

MARMALADE SAUCE.

1 tablespoonful Marmalade. Juice of $\frac{1}{2}$ Lemon.

1 gill Water. 1 oz. Sugar.

2 tablespoonsful of Brandy.

Method.—Put the marmalade, water and lemon juice into a saucepan ; make very hot, add the brandy and serve.

(383)

CUSTARD SAUCE.

 $\frac{3}{4}$ pint Milk.

Yolks of 3 Eggs.

1 oz. Sugar.

Flavouring.

Method.—Put milk into a saucepan, bring to the boil, cool a minute or two, then pour on to the yolks of the eggs, return to the saucepan, stir until thick, but the custard must not boil, add the sugar and flavouring and serve.

(384)

CHOCOLATE SAUCE.

2 ozs. Chocolate (Cadbury's). 2 teaspoonsful Sugar.

1 $\frac{1}{2}$ gills Milk. $\frac{1}{4}$ pint Cream $\frac{1}{2}$ teaspoonful Essence of Vanilla.

Method.—Boil the milk, mix smoothly with the chocolate, grated, return to the saucepan, boil gently five minutes, add the vanilla, sugar, and cream, whipped.

(385)

GERMAN SAUCE.

Yolks of 2 Eggs. 1 tablespoonful Sugar.

1 wineglass of Sherry. 1 tablespoonful Water.

Method.—Mix well together and place in a saucepan, whisk until the eggs begin to thicken, serve hot.

(386)

FLUFF SAUCE.

Make a custard with $\frac{1}{2}$ pint 2 Yolks.Milk. $\frac{1}{2}$ oz. of Sugar.

2 tablespoonsful Brandy.

Method.—When the custard has thickened add whipped whites of the eggs and serve.

SAVOURIES.

(387)

CHEESE BISCUITS.

3 ozs. Flour.	3 ozs. grated Cheese.
2 ozs. Butter.	1 small Egg.
$\frac{1}{2}$ teaspoonful Salt.	$\frac{1}{8}$ teaspoonful Pepper.

Method.—Mix flour and cheese in a basin, rub in the butter, add the pepper and salt and bind to a stiff paste with the egg. Turn on to a floured board, roll out thinly, cut in small rounds, place on a baking tin and bake in a moderate oven about ten minutes. They should be a pale brown.

(388)

MACARONI CHEESE.

4 ozs. Macaroni.	4 ozs. Cheese (grated).
2 ozs. Butter.	1 gill White Sauce.
Pepper and Salt.	$\frac{1}{2}$ teaspoonful Mustard.

Method.—Wash the macaroni and break it into inch length pieces, throw into rapidly boiling water, add a little salt, keep the water boiling, cook the macaroni about thirty minutes, drain well. Season the sauce with salt, pepper, and $\frac{1}{2}$ teaspoonful (made) mustard. Butter a pie dish, put in a layer of the macaroni, then pour over a little sauce, and cover with grated cheese. Continue the layers, leaving cheese for the top, put the butter on in small pieces and brown the top in the oven or before the fire. Serve hot.

(389)

CHEESE FEATHERS.

$\frac{1}{4}$ pint cold Water.	$\frac{1}{2}$ Yolk.
2 ozs. Coombs' Flour.	Cayenne.
$\frac{1}{2}$ oz. Butter.	Salt.
1 $\frac{1}{2}$ ozs. Cheese.	Mustard.
1 White of Egg.	Hugon's Suet for frying.

Method.—Put water and butter on to boil, sieve flour, pour boiling water and butter on flour, stir well and briskly till smooth, over the gas until mixture leaves saucepan, cool, add egg and seasoning, stir in the white stiffly beaten. Drop a teaspoonful into hot fat, fry a golden brown, drain, sprinkle dry cheese over top, serve on paper.

(390)

CHEESE TOAST.

A few rounds of Toast.	1 Egg.
4 ozs. grated Cheese.	Cayenne.
1 teaspoonful of made Mustard.	Pepper and Salt.
	$\frac{1}{2}$ oz. Butter.

Method.—Toast a few slices of bread a nice brown, cut into halves or small rounds, grate the cheese finely, mash butter into cheese, season with mustard, cayenne, pepper and salt, mix in the egg (well beaten), spread the mixture about $\frac{1}{2}$ an inch thick on the toast, and brown under the grill, or in a quick oven; serve hot.

(391)

KIDNEY TOAST.

4 Sheep's Kidneys (stewed).	1 oz. Butter.
$\frac{3}{4}$ oz. Flour.	1 gill Stock from Kidneys.
1 tablespoonful Cream.	Pepper and Salt.
1 teaspoonful Mushroom Ketchup.	Buttered Toast.

Method.—Melt the butter in a saucepan, stir in the flour, add the stock by degrees, bring to the boil; put in the cream, mushroom ketchup, seasoning and the kidneys (chopped). Pile on hot toast and serve hot.

(392)

CROÛTONS OF KIDNEY.

2 Sheep's Kidneys (cooked and chopped)	$\frac{1}{4}$ lb. Mushrooms (chopped).
	1 oz. Butter.
$\frac{3}{4}$ oz. Flour.	1 gill Stock from Kidneys.
	Pepper and Salt.

Method.—Make a sauce with the butter, flour and stock, season, add kidneys and mushrooms. Cook until mushrooms are tender. Pile on fried croûtons and sprinkle with brown bread crumbs.

(393)

CHICKEN CORNETS.

Some Puff Pastry.	$\frac{1}{4}$ lb. Chicken (minced).
$\frac{1}{4}$ pint White Sauce.	2 ozs. Ham (minced).
1 tablespoonful Cream.	Pepper and Salt.
1 Egg.	8 or 9 Cornet Moulds.

Method.—Roll the pastry round the cornet moulds and bake in a quick oven ten minutes, then add the chicken, ham and seasoning to the white sauce and cream. Heat these, and fill the cornets with the mixture and serve hot.

(394)

SCOTCH EGGS.

$\frac{1}{2}$ lb. Sausage Meat.	4 Hard boiled Eggs.
3 tablespoonsful Bread Crumbs.	1 Raw Egg.
	Fat.
	Flour.

Method.—Divide the sausage meat into four equal portions, remove the shells from the eggs, flour the hands and cover the eggs with the sausage meat, dip them in beaten egg, and roll in bread crumbs. Fry a golden brown in hot fat, cut the eggs through the centre, and dish on rings of fried bread.

(395)

POACHED EGGS.

Eggs.	Toast.	Seasonings.
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Method.—Have a shallow pan with boiling salt over the fire, and add to it one tablespoonful of vinegar. Break each egg separately into a cup, and when the water is boiling rapidly slide the egg gently and quickly from the cup into the water, keeping it close together so that the egg does not spread. About one-and-a-half to two minutes should cook the egg, but the eye is the best guide; the yolk should remain in a liquid state in the centre of the semi-opaque white. Take each egg carefully out of the water with a small slice, and lay it on a round of buttered toast; serve hot.

(396)

CALVES' BRAINS ON TOAST.

2 sets of Calves' Brains.	Pepper and Salt.
Bread Crumbs.	1 Egg.
	Butter

Method.—Steep the brains in cold water for about half-an-hour, wash well, remove all the discoloured parts round the brains, and put them in cold water in a saucepan, add a

teaspoonful vinegar. Let them boil for three minutes, drain, and when cold cut them into slices about half an inch thick, season with pepper and salt, toss them in flour and brush them over with a beaten egg, and from the egg toss them into fine bread crumbs. Fry to a pale brown in clarified butter, drain on paper, and serve on rounds of hot buttered toast on a d'oyley with slices of lemon between each piece of toast Garnish with parsley.

(397)

PARMESAN BALLS.

4 ozs. Parmesan Cheese.	3 ozs. Butter.
4 ozs. Bread Crumbs.	2 small Eggs.
Pepper, Salt, and Cayenne.	

Method.—Mix all well together. Roll into balls with the hands, slightly floured. Dip into egg and then into bread crumbs and fry to a golden colour. Drain, and serve on a dish paper garnished with grated cheese.

(398)

BUTTERED EGGS.

1 oz. Butter.	4 Eggs.
1 tablespoonful of Cream.	Pepper and Salt.
Hot Buttered Toast.	

Method.—Melt the butter in a small saucepan, beat eggs well in a basin, season with pepper and salt, add cream; pour into the saucepan, and stir over a gentle heat until the eggs thicken, then pile them on the toast.

(399)

BUTTERED MUSHROOMS.

$\frac{1}{2}$ lb. Mushrooms.	2 ozs. Butter.
1 tablespoonful Good Stock.	Pepper and Salt
Buttered Toast.	

Method.—Peel the mushrooms and remove the stalks, melt the butter in a frying-pan, put in the mushrooms, season with pepper and salt, add the stock, and cook very gently until the mushrooms are tender Then lay them on the buttered toast.

(400)

BIRDS' NESTS.

2 Hard-boiled Eggs.	2 ozs. Chicken or Ham.
4 tablespoonsful of Bread Crumbs.	1 tablespoonful of Parsley (chopped)
1 Egg.	Pepper and Salt.

Lettuce and Watercress.

Method.—Remove the shells from the hard-boiled eggs. Mix together the chicken (chopped), bread crumbs, parsley, season with pepper and salt, and bind with the egg. Cover the eggs with this mixture, roll them in flour, cover with beaten egg and roll them in fine crumbs. Fry them a golden brown in hot fat; drain on porous paper, and, while still hot, dip a sharp knife into boiling water and cut each egg in half, through the centre. When cold serve on nests of lettuce leaves and watercress, picked and previously seasoned.

(401)

EGG CUTLETS.

3 hard boiled Eggs.	1 tablespoonful Thick Cream.
1 tablespoonful White Sauce.	3 tablespoonsful Cooked Ham,
1 dessertspoonful Parsley (chopped).	Tongue, or Chicken. Yolks of 2 Eggs.

Pepper and Salt.

Method.—Remove the shells from the eggs and chop the eggs finely, add to them the ham (chopped), parsley, cream, sauce, yolks, pepper, and salt. Stir over the fire to thicken, and then put on a plate to cool. Form the mixture into small cutlets, toss first in flour, then into a beaten egg, and after that into bread crumbs. Fry in hot fat and drain well. Dish in a circle on a d'oyley with parsley in the centre.

(402)

EGGS EN CROQUETTE.

4 Eggs (boiled hard and chopped).	1 oz. Butter.
A little chopped Onion and Parsley.	$\frac{3}{4}$ oz. Flour. 1 gill Cream. Pepper and Salt.

Method.—Melt the butter in a saucepan, stir in the flour and add the cream by degrees, bring to the boil, season, add the onion, parsley, and chopped eggs. Form them into croquette shape, dip them in beaten egg and roll in bread crumbs, fry a golden brown in hot fat; serve with white or oyster sauce.

(403)

SARDINE EGGS.

3 Eggs (boiled hard).	3 Sardines (scraped).
1 oz. Butter.	1 teaspoonful finely chopped
Pepper.	Parsley.
Salt.	A few drops Lemon Juice.
	A few drops Essence Anchovy.

Method.—Cut the eggs in half, take out the yolks and pound them in a mortar with the sardines, add parsley, butter, pepper and salt, essence of anchovy, and lemon juice. Fill the whites with the mixture, arrange them on a salad and serve with a cream dressing.

(404)

HERRING ROES AND OYSTERS.

Soft Roes of 2 Bloater.	1 doz. Oysters.
6 Small Round Croûtons	$\frac{1}{2}$ oz of Butter.
Pepper and Salt.	Lemon Juice.

Method.—Cook the roes in the oyster liquor three minutes, spread on the croûtons, sprinkle with pepper, salt, and lemon juice; put two oysters on each and pour over the liquor.

(405)

CANAPES OF LOBSTER.

1 small Tin of Lobster.	1 oz. Butter.
$\frac{3}{4}$ oz. Flour.	Pepper and Salt.
1 gill Milk	A few drops of Anchovy and
1 Hard-boiled Egg.	Lemon Juice.

Method.—Make a sauce with the butter, flour and milk, boil well, season with pepper and salt, add anchovy and lemon juice, chop the lobster finely and stir it in. Fry a golden brown about eight or nine small rounds of bread; pile the lobster mixture on the fried bread. Rub the yolk and white of the egg separately through a wide sieve, and garnish round the lobster with the egg.

(406)

DRESSED TOMATOES.

4 Tomatoes.	2 ozs. Cooked Ham (chopped).
$\frac{1}{2}$ oz. Butter.	1 teaspoonful Parsley
1 dessertspoonful Bread Crumbs.	(chopped).
	Pepper and Salt.
	4 round Croûtons (fried).

Method.—Cut the tops from the tomatoes and take out the pulp and strain it, add it to the ham, parsley, butter, bread crumbs, and add a little pepper and salt. Place the mixture in a saucepan and make it hot, then fill tomatoes with it, put on the tops, and place them in the oven to hot the tomatoes through. Put the tomatoes on the hot croûtons and serve hot.

(407)

CURRIED EGGS.

4 Eggs (boiled hard and cut in slices).	1 Onion (chopped).
1 gill Stock.	1 Apple (chopped).
$\frac{1}{4}$ lb. Boiled Rice.	1 gill Milk.
2 Gherkins (chopped).	1 dessertspoonful Curry Powder.
1 $\frac{1}{2}$ ozs. Butter.	3 raw Yoiks
	Salt.

Method.—Fry the onion and apple in the butter and add the curry powder, salt, and stock, mix yolks and milk, pour into the saucepan, stir until the sauce thickens, add the gherkins. Place eggs on a dish, pour sauce over, and put the rice round the edge of the dish.

(408)

CHEESE D'ARTOIS.

1 oz. Butter (melted).	2 ozs. Cheese (grated).
Yolks of 2 Eggs.	White of 1 Egg.
Salt.	Pepper.
	Puff Pastry.

Method.—Have a thin layer of puff pastry about eight inches long and three broad. Mix together the butter, cheese, eggs, and seasoning, spread this mixture over the pastry, cover with another piece of thin pastry, and mark into shapes with the back of a knife. Brush over with beaten egg and bake in a quick oven about ten minutes. Cut through where marked and serve on a d'oyley with grated cheese and sprigs of parsley.

(409)

ANCHOVY EGGS.

3 Hard boiled Eggs.	2 ozs. Butter.
2 teaspoonsful Anchovy Paste.	Cayenne Pepper.
Lemon Juice.	Lettuce.
	Watercress.

ADMITTED ANTIDOTE FOR INDIGESTION.

Coombs' Gold Medals.

Eureka Self-Raising

Is the BEST and
Absolutely Pure *Flour,*

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3 GOLD MEDALS,

COOMBS' MALTED FOOD,

FOR INFANTS AND INVALIDS,

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CUSTARD, BLANC MANGE & EGG POWDERS

Sold in 1d., 2d., 3d., 6d., and 1/- Boxes.

High-Class Baking Powder,

In $\frac{1}{4}$ -lb., $\frac{1}{2}$ -lb., 1-lb., and 2-lb. Tins.

TOTAL AWARDS 35 MEDALS.

The Prix d'Honneur was awarded all the above at the Cookery and Food Exhibition, Imperial Institute, London, March, 1899, opened by Her Grace the Duchess of Montrose.



Method.—Remove the shells from the eggs and cut them in halves. Take out the yolk without breaking the white, and cut a small piece from the bottom of each half of the white so as to allow it to stand firm, pound the yolks with the butter, add the anchovy paste, cayenne, pepper, and lemon juice to taste. Pass all through a sieve and with a forcing-bag, fill each white; serve on a bed of lettuce and watercress.

CAKES.

RULES.

Have everything ready before beginning to mix the Cake.

Have the weights and measures exact.

Do not mix the Cake until the oven is ready for it to go in.

The most difficult part of Cake-making is the baking. Unless the oven is right, the Cake will be a failure, no matter how carefully it may have been mixed. Have the flour perfectly dry, the fruit cleaned and well dried, otherwise the Cake will be heavy.

Cakes require only a moderately hot oven, and the heat should be kept even throughout the baking.

Be careful to open and shut the oven door quietly, as a draught of cold air would cause the Cake to go down in the centre after it had risen, and the Cake would be heavy.

Grease the tins with lard, as butter blackens.

Add a little Salt to all Cakes.

For some Cakes it is better to line the tins with paper.

In filling the tins let the mixture be a little higher on the sides than in the middle.

If it rises in a cone in the centre the oven is too hot.

A hotter oven is needed for a thin Cake than for a thick one. It is done when it shrinks from the pan. The Cake is done, when a skewer, thrust into the thickest part, can be withdrawn quite dry. Be sure the Cake is done before removing it from the oven. Let it stand a few minutes in the tin, and it will then come out easily. Always handle the Cake carefully.

(410)

CHOCOLATE CAKES.

3 ozs. Chocolate (Cadbury's).	3 ozs. Sugar.
4 ozs. Butter.	$\frac{1}{2}$ Teaspoonful Ess. Vanilla.
2 Eggs.	$\frac{1}{4}$ Teaspoonful Baking
6 ozs. Flour.	Powder.
	Milk.

Method.—Cream the butter, add sugar, beat well; beat the eggs separately and add alternately with the flour to the butter and sugar, add the chocolate grated, vanilla and baking powder, bake in fancy moulds, well greased. When cold ornament with royal icing.

(411)

ORANGE SANDWICH.

8 ozs. Flour.	5 ozs. Sugar.
3 ozs. Butter.	2 Eggs.
Grated Rind 2 Oranges.	Juice of One Orange.
1 Teaspoonful Baking Powder.	

Method.—Mix flour and sugar in a bowl, rub in the butter, add baking powder, orange rind, eggs beaten, and lastly the juice; if necessary add a little milk. Beat the mixture well and put it in a well greased sandwich tin. Bake about thirty minutes in a moderate oven.

When cold cut the Cake through and spread with orange butter.

ORANGE BUTTER.

1½ ozs. Castor Sugar.	1 oz. Ground Almonds.
1 oz. Butter.	Grated Rind 2 Oranges.
1 (Hard-boiled) Yolk.	1 Dessertspoonful Thick
A little Orange Juice.	Cream.

Method.—Pound yolk, add butter, sugar, almonds, and orange rinds, stir in the cream, and add sufficient orange juice to moisten.

Put the Cake together again and dredge with castor sugar, cut in diamond-shaped pieces.

(412)

DESSERT SANDWICH.

10 ozs. Flour.	7 ozs. Butter.
7 ozs. Sugar.	4 Eggs. Milk.
1 Teaspoonful Brandy.	1 Teaspoonful Baking Powder.
Grated Rind 1 Lemon.	Carmine.

Method—Cream butter and sugar, add eggs (beaten) and flour alternately, beat well, mix in lemon rind, baking powder, brandy, and add two or three tablespoonsful milk, pour half the mixture into a well greased sandwich tin (square tin). Colour the remainder pink with the Carmine, pour this into a greased tin the same size. Bake about thirty minutes in a moderate oven. When the Cakes are cold cut each in nine strips (this is sufficient to make two blocks). Put the Cake together in threes, using a little Apricot Jam to stick the strips together, and use the strips so that two colours do not come together. Then make some Almond Paste and roll out the paste large enough to cover each block. The Cake is cut in slices.

(413)

GOLDEN CAKE.

6 ozs. Flour.	2 ozs. Butter.
4 ozs. Sugar.	$\frac{1}{2}$ Teaspoonful Cream of Tartar.
$\frac{1}{2}$ Teaspoonful Carbonate Soda.	$\frac{1}{4}$ pint Milk.
	4 Yolks.
	Grated Rind, 2 Oranges.

Method.—Mix flour and sugar in a basin, rub in butter lightly, add orange rind, cream of tartar, carbonate of soda, beat yolks, add to them the milk, then stir in with the dry ingredients. Line a small round cake tin, well grease the paper, put in the mixture and bake in a moderate oven about forty minutes.

(414)

QUEEN CAKES.

4 ozs. flour, "Coombs' Eureka."	3 ozs. Butter.	3 ozs. Sugar,
		Grated Rind of 1 Lemon.
1 $\frac{1}{2}$ ozs. Currants.	2 Eggs.	1 Teaspoonful Brandy.
		2 Tablespoonsful Milk.

Method.—Cream butter and sugar, beat eggs, and add eggs and flour alternately to the butter and sugar, mix in the currants, brandy and lemon rind, and a little milk ; beat the mixture well, and half fill some greased fancy tins, bake about fifteen minutes in a moderately hot oven.

(415)

FIVE O'CLOCK TEA CAKES.

$\frac{1}{2}$ lb. Flour.	2 ozs. Butter.
Salt.	2 ozs. Sugar.
2 ozs. Sultanas or Currents	2 Eggs.
1 Teaspoonful Baking Powder.	

Method.—Mix flour, sugar, and salt, in a basin rub in butter, mix in currants and baking powder, beat eggs and add them to the dry ingredients, turn on to a floured board and roll out about $\frac{3}{4}$ inch thick, cut in rounds and bake in rather a quick oven about fifteen minutes. Cut the Cakes through and spread with butter, pile on a d'oyley and dredge over them a little sugar.

(416)

GIRDLE CAKES.

$\frac{1}{2}$ lb. Flour (Coombs').	3 ozs. Butter.
$\frac{1}{2}$ Teaspoonful Salt.	1 oz. Sugar.
Sufficient Milk and Cream mixed to form into a thick dough.	

Method.—Mix flour, sugar, and salt in bowl, rub in the butter, mix in milk and cream to bind, turn on to a floured board, cut in small rounds, bake on a greased tin in a quick oven about ten minutes, turn the Cakes when half done, so that both sides brown alike, cut the Cakes through and spread with butter, pile high on a d'oyley. If the sugar is omitted these can be eaten cold with cheese, etc.

(417)

VARIETY CAKES.

9 ozs. Coombs' Flour.	6 ozs. Sugar.
3 ozs. Lard.	3 ozs. Butter.
3 Eggs.	3 Tablespoonful Milk.
2 ozs. Cadbury's Chocolate grated	$\frac{1}{2}$ Teaspoonful Essence Vanilla. Carmime.

Method.—Cream the sugar and butter together, add the eggs one at a time, then stir in the flour and flavouring. Divide the mixture into three parts, add the chocolate to one part, the second, colour pink with a few drops of carmine, and leave the third part plain. Have ready a cake tin lined with paper and greased, drop in by spoonfuls the whole of the mixture and bake in a quick oven about fifteen minutes, turn out and when cold ice with glacé icing, and cut into fancy shapes.

(418)

SWISS WAFERS.

3 ozs. Butter.	3 ozs. Flour.
2 ozs Castor Sugar.	2 Eggs.
Few drops Vanilla Essence.	Grated Rind $\frac{1}{2}$ Lemon.

Method.—Place the butter in a basin, add the lemon rind and stir until the butter is quite creamy, then add the sugar and vanilla essence, add the flour and the two beaten eggs.

When quite smooth put the mixture in small portions on a greased tin and flatten out with a knife in the form of rounds. Bake in a quick oven, and as soon as they are set and dry on the surface, carefully remove them with a knife and roll them round the outside of some cornet moulds after having slightly greased the outside. Return them to the oven until the Wafers are a pretty brown colour. Turn them on to a pastry rack and when cold fill with whipped cream.

Arrange the Wafers on a paper and serve for dinner or luncheon.

(419)

MOCHA CAKE.

4 Eggs.	4 ozs. Castor Sugar.
3 ozs. Flour.	2 ozs. Cornflour.
1 Dessertspoonful Brandy.	

Method—Beat the yolks of the eggs with the sugar, add the flour gradually, then stir in lightly the flour, whites of egg whipped to a stiff froth, and the cornflour. Pour the mixture into a plain mould and bake for about thirty minutes. When done turn it out and when quite cold cover it with Mocha icing and decorate to taste with the icing squeezed through a forcer.

(420)

MOCHA ICING.

$\frac{1}{2}$ lb. Icing Sugar.	$\frac{1}{4}$ lb. Butter
1 Tablespoonful Coffee Essence.	2 Teaspoonsful Brandy.

Method.—Cream the butter, add the sugar sifted, and the coffee essence and brandy; mix to a smooth cream. When the cake is iced, stand it in a cool place until required.

(421)

RASPBERRY CAKES.

5 ozs. Coombs' Flour.	4 ozs. Butter
1 Packet Coombs' Blanc Mange Powder (Rasp- berry flavour).	4 ozs. Sugar. 3 Eggs.

Method.—Cream the butter and sugar, add the eggs one at a time and beat well; then add the blanc mange powder and lastly the flour. Turn into well greased moulds, half fill with the mixture, and bake in a moderate oven 15 minutes.

(422)

LITTLE GENOA CAKES.

6 ozs. Flour.	4 ozs. Sugar.
2 Eggs.	1 oz. Almonds.
2 oz. Sultanas	2 ozs. Currants.
1 oz. Candied Peel	Grated Rind 1 Lemon
Milk.	$\frac{3}{4}$ Teaspoonful Baking Powder.

Method—Cream the butter and sugar, add eggs beaten and flour alternately: beat well, mix in the candied peel (cut small), lemon rind, fruit, add a little milk and lastly the baking-powder.

Bake in fancy tins (well greased) about fifteen to twenty minutes. Blanch and shred the almonds and sprinkle on the top before baking.

(423)

LONDON BUNS.

1 lb. Flour.	4 ozs. Sultanas.
4 ozs. Sugar.	2 ozs. Lard.
2 ozs. Butter.	2 ozs. Citron Peel.
A little Milk.	1 Teaspoonful Carbonate Soda.
$\frac{1}{2}$ Teaspoonful Tartaric Acid.	Grated Rind 1 Lemon; or few drops Essence of Lemon.

Method.—Rub together the flour, sugar, lard and butter, add a little salt, the sultanas, lemon rind and peel cut small, stir in the soda and tartaric acid, beat the eggs and add them, and mix to a moist dough with a little milk. Place the mixture in rocky heaps on a greased baking tin. Bake about twenty minutes in moderate oven. just before the buns are done, dredge with sugar.

(424)

ROYAL CAKES.

3 ozs. Butter.	3 ozs. Sugar.
4 ozs. Flour.	1 oz. dried Cherries.
1 oz. Citron.	$\frac{1}{2}$ Teaspoonful Essence Vanilla.
2 Eggs.	$\frac{1}{4}$ Teaspoonful Baking Powder.

Method.—Cream the butter and sugar, beat the eggs and add flour and eggs alternately to the butter and sugar, cut up the cherries and citron in small pieces, stir them in, add the vanilla and baking-powder; mix well, pour into a large sandwich tin, bake in a moderate oven about twenty minutes, cut in fancy shapes and cover with liquid icing, and ornament with cherries and angelica.

(425)

PLAIN Currant CAKE,

$\frac{1}{2}$ lb. Flour.	$\frac{1}{4}$ lb Lard.
$\frac{1}{4}$ lb Sugar.	$\frac{1}{4}$ lb Currants.
2 Eggs.	1 Teaspoonful Baking Powder.
2 ozs. Candied Peel.	

Method—Place flour, lard and sugar in a bowl, rub all lightly together, mix in currants, baking powder and peel, (cut small.) Bake about forty minutes in a moderate oven.

(426)

SULTANA CAKE.

12 ozs. Flour.	7 ozs. Butter.
7 ozs. Sugar.	4 ozs. Sultanas.
2 ozs. Candied Peel.	Grated Rind, 1 Lemon.
1 oz. Almonds.	3 Eggs.
1 Teaspoonful Baking-powder.	

Method.—Beat the butter to a cream; add sugar, beat the eggs well, then add eggs and flour alternately to the butter and sugar. Mix in the Peel (cut small) and the Sultanas, add the baking-powder, grated rind of the lemon, a little salt and about $\frac{1}{2}$ teacupful of milk, put into a greased and lined cake tin, blanch and shred the almonds and sprinkle on the top. Bake in a moderate oven about $1\frac{1}{2}$ hours

(427)

ECLAIRS.

FRENCH PASTRY MIXTURE.

About $\frac{1}{2}$ pint Cream, sweetened and flavoured.
Chocolate Icing

Method—Put the French Pastry Mixture in a forcing bag to which is attached a plain forceer, and force into strips two or three inches long on to a greased baking sheet, and bake twenty-five minutes in a moderate oven. When cold fill with cream, and ice with chocolate icing.

(428)

SWISS ROLL.

3 Eggs, their weight in Flour (Coombs' self-raising); and
the weight of 2 Eggs in Sugar and Butter.
2 Tablespoonful Raspberry Jam.

Method.—Cream the sugar and butter together, add the eggs one at a time to the mixture, beat well, stir in the flour lightly at the last, pour the mixture into a well greased dripping tin 14 in. by 11 in. Bake in a quick oven from eight to ten minutes. Turn out on to a sugared paper and sprinkle with castor sugar, remove the paper from the bottom, warm the jam slightly, spread all over the cake and roll it up quickly.

(429)

SODA BUNS.

1 lb. Flour.	$1\frac{1}{2}$ gills Milk.
4 ozs. Sugar.	4 ozs. Butter.
3 ozs. Currants	2 ozs. Candied Peel.
A few drops Essence Lemon.	1 Egg.
$\frac{1}{2}$ Teaspoonful Carbonate Soda.	

Method.—Place the flour and sugar in a bowl, rub in the butter, add the soda, peel (cut small), and currants. Beat egg and milk and essence lemon. Mix this to the dry ingredients, and mix well; put in heaps a little distance apart on a greased baking tin. Bake in a moderate oven about twenty minutes.

(430)

CORNFLOUR CAKES.

3 ozs. Flour.	2 ozs. Cornflour.
3 ozs. Sugar.	3 ozs. Butter.
$\frac{1}{2}$ Teaspoonful Essence	2 Eggs, a little Milk.
Vanilla.	$\frac{1}{4}$ Teaspoonful Cream of Tartar.
	$\frac{1}{2}$ Teaspoonful Carbonate of Soda.

Method.—Cream the butter, add sugar, and beat the eggs until very light, then add flour and eggs alternately to the butter and sugar, beat well, add vanilla, cream of tartar and soda; also about 3 or 4 tablespoonsful of milk. Bake in well greased fancy tins about 15 minutes.

(431)

CHERRY CAKES.

6 ozs. Flour.	2 Eggs.
2 ozs. Dried Cherries.	Milk
4 ozs. Sugar.	4 ozs. Butter.
Pinch Salt.	1 Dessertspoonful Brandy.
	$\frac{1}{2}$ teaspoonful Baking Powder.

Method.—Cream the butter, add the sugar, beat well, beat the eggs separately and add them and the flour alternately to the butter and sugar, add cherries cut in half, baking powder, and if necessary a little milk, add the brandy last of all, bake in well greased tins, fifteen minutes in a moderate oven.

(432)

COCOANUT SANDWICH.

7 ozs. Flour.	2 ozs. Desiccated Cocoanut.
4 ozs. Butter.	3 Eggs.
Milk.	5 ozs. Sugar.
1 teaspoonful Essence of	$\frac{1}{2}$ teaspoonful Baking Powder.
Vanilla.	

Method.—Beat the butter to a cream, add the sugar, beat well, beat the eggs well, add them and the flour alternately to the butter and sugar, mix in the cocoanut, add essence of vanilla, baking powder, and a little milk, bake in a square sandwich tin (well greased) in a moderate oven about thirty minutes. Turn out and when cold spread a very little apricot jam on the top, sprinkle one half with white cocoanut and the other with pink, cut in strips and arrange in alternate colours.

(433)

COCOANUT BUNS.

$\frac{1}{2}$ lb. Flour.	2 Eggs
2 ozs. Butter or Lard.	4 ozs. Sugar.
Milk.	Salt.
2 ozs. Desiccated Cocoanut.	A few drops Essence of Vanilla.
$\frac{1}{2}$ teaspoonful Cream of Tartar.	$\frac{1}{2}$ teaspoonful Carbonate of Soda.

Method.—Mix flour in a basin with the sugar, rub in the butter lightly, add one and a half ounces of the cocoanut; mix in the tartar and soda, beat the eggs, add essence of vanilla and about three tablespoonsful of milk. Mix all well together; grease a baking-tin, and put the mixture in rough heaps a little distance apart on the tin, sprinkle over the remainder of the cocoanut; bake in a moderately hot oven about twenty minutes.

(434)

COCOANUT ROCK BISCUITS.

Whites of 2 Eggs.	2 ozs. Fine Cocoanut.
	2 ozs. Castor Sugar.

Method.—Whisk the whites to a stiff froth, mix in the sugar and cocoanut lightly and thoroughly; put the mixture in small heaps about two inches apart from one another, on a small greased tin or parchment paper; bake in a moderate oven, until lightly browned all over, about twenty minutes.

435)

GENOA CAKE.

12 ozs. Flour (Coombs').	8 ozs. Sugar.
8 ozs. Butter.	Rind 1 Lemon.
4 ozs. Sultanas.	Milk.
2 tablespoonsful Brandy.	2 ozs. Almonds.
2 ozs. Citron Peel.	2 ozs. Cherries.
	4 Eggs.

Method.—Cream the butter, add the sugar, beat well, add eggs beaten and flour alternately, beat, add citron peel (cut in slices), sultanas, cherries, cut in half, rind of lemon, grated, brandy, and a little milk, if necessary, put into a well lined and greased tin. Bake in a moderate oven about 45 minutes. The almonds should be blanched and shredded and sprinkled on the top of the cake just before baking.

(436)

POUND CAKE.

1 lb. Flour.	$\frac{3}{4}$ lb. Butter.
Milk.	6 Eggs.
$\frac{1}{4}$ lb. mixed Peel.	$\frac{1}{2}$ gill Brandy.
$\frac{3}{4}$ lb. Sugar.	$\frac{3}{4}$ lb. Sultanas.
$\frac{3}{4}$ lb. Currants.	$\frac{1}{2}$ teaspoonful Baking Powder.

Method—Cream the butter and the sugar, beat well, add eggs beaten and flour alternately, beat well, mix in peel (cut small), add the fruit, brandy, baking powder, and, if necessary, a little milk. Bake in a well lined and greased tin about $1\frac{1}{2}$ hours in moderate oven.

(437)

JUBILEE CAKES.

4 ozs. Butter.	4 ozs. Flour (Coombs').
4 ozs. Sugar.	3 Eggs
3 ozs. Almonds	Carmine.

A few drops Essence of Almonds.

Method.—Cream the butter and sugar, beat well; add the eggs (beaten) and flour alternately, blanch and chop the almonds finely, mix them in, add essence and colour a pale pink with the carmine. Bake fifteen minutes in moderate oven in small fancy tins (well greased.)

(438)

RICH SEED CAKE.

8 ozs. Flour.	3 Eggs.
Pinch of Salt.	5 ozs. Butter.
5 ozs. Sugar.	1 teaspoonful Caraway Seeds.
	1 small teaspoonful of Baking Powder.

Method.—Cream the butter and sugar, add eggs and flour alternately; well beat the mixture, stir in the caraway seeds, salt, baking-powder and a little milk. Bake in a lined and greased tin about forty-five minutes.

(439)

RICE BUNS.

4 ozs. Flour.	2 ozs. Ground Rice.
4 ozs. Sugar.	2 Eggs.
4 tablespoonsful Milk.	$\frac{1}{2}$ teaspoonful Essence Vanilla.
3 ozs. Butter.	$\frac{1}{2}$ teaspoonful Baking Powder.

Method.—Cream butter, add sugar, beat eggs, and add eggs and flour alternately to the butter and sugar, stir in the vanilla, ground rice, and milk, lastly add the baking powder; bake in greased patty pans about fifteen minutes.

(440)

ORANGE GINGER CAKES.

$\frac{3}{4}$ lb. Flour.	3 ozs. Butter.
4 ozs. Sugar.	2 Eggs.
1 teaspoonful Ground Ginger.	$\frac{1}{2}$ teaspoonful Cream of Tartar.
Grated rind of 2 Oranges (or 2 ozs. Candied Orange Peel)	$\frac{1}{2}$ teaspoonful Carbonate of Soda.

Method.—Place flour and sugar in a basin, rub in the butter, add soda, cream of tartar, ginger and orange rinds, mix all well together, beat eggs, stir them in, add sufficient milk to form a rather stiff dough. Bake in rough heaps on a greased tin, in a moderate oven about twenty minutes.

(441)

SIMNEL CAKE.

$\frac{1}{2}$ lb. Butter.	$\frac{3}{4}$ lb. Coombs' Enreka Flour.
$\frac{3}{4}$ lb. Currants.	1 lb. Castor Sugar.
3 Eggs.	$\frac{1}{4}$ lb. Citron Peel.
$\frac{1}{2}$ teaspoonful Allspice.	1 lb. Almonds.
2 Lemons.	2 tablespoonsful Brandy.

Method.—Cream 6 ozs. of the butter, add 6 ozs. of sugar, beat yolks of three eggs (add a little milk to the yolks), then add the flour and eggs alternately to the butter and sugar; add spice, currants, citron (cut up small), grated rind of the lemons, brandy, and the whites of eggs whipped. In a separate basin melt two ounces of butter, add the almonds, and remainder of sugar, the juice of two lemons and two eggs. Grease and line a round cake-tin, then put in half the cake mixture, then half the almond mixture, and remainder of cake mixture. Bake in moderate oven about one and a half hours. Spread remainder of almonds mixture on the top, and bake about thirty-five minutes longer. Ornament centre with fruits, or sugared almonds, etc.

(442)

FRUIT CAKE.

$\frac{3}{4}$ lb. Coombs' Eureka Flour.	3 ozs. Butter.
2 ozs. Lard.	1 oz. Citron Peel.
6 ozs. Sugar.	2 ozs. Dried Cherries.
1 teaspoonful Essence Vanilla	1 Dried Apricot
4 Eggs.	1 Dried Greengage.
	2 tablespoonsful Milk.

Method.—Place flour and sugar in a basin, rub in the butter and lard lightly, cut up the fruits and peel, stir them in, beat up the yolks and the whites to a stiff froth, add the vanilla and milk to the yolks, stir them into the dry ingredients, then add whites, mix them in thoroughly, pour into a square cake tin and bake $1\frac{1}{2}$ hours in a moderate oven. This cake can be covered with almond paste on the top and iced with boiled icing.

(443)

ROCK BUNS.

$\frac{1}{2}$ lb. Flour.	2 ozs. Lard.
2 ozs. Sugar.	2 ozs. Currants or Sultanas.
1 Egg.	3 tablespoonsful Milk.
A little Cinnamon.	1 teaspoonful Baking Powder.

Method.—Place flour, sugar, and lard in a basin, rub in the lard, mix in the currants, baking powder, and cinnamon, beat the egg, add the milk and mix with the dry ingredients, place in rocky heaps on a greased baking sheet. Bake in quick oven 20 minutes.

(444)

WALNUT CAKES.

6 ozs. Flour.	3 ozs. Sugar.
3 ozs. Butter.	2 Eggs.
1½ ozs. Walnuts (dried).	½ teaspoonful Baking Powder.
1 Dessertspoonful Brandy.	2 or 3 tablespoonsful Milk.

Method.—Put sugar, butter, and flour, in a basin, rub smoothly together, add eggs well beaten, walnuts (chopped), brandy, baking powder, and a little milk, beat well, put into a square tin, bake twenty five minutes. When cold cut in diamond shapes, cover with the following mixture: Icing, eight ounces icing sugar, 3 ounces chopped walnuts, one tablespoonful of brandy, sufficient white of eggs to make the mixture stiff, mix all together, place ½ a walnut in the centre of each cake.

(445)

SCONES.

1 lb. Flour.	2 ozs. Butter.
2 ozs. Sugar.	2 ozs. Sultanas.
½ pint Milk.	1 small teaspoonful Cream of
1 small teaspoonful	Tartar.
Carbonate of Soda.	½ teaspoonful Salt.

Method.—Put butter, flour, and sugar in a basin, rub smoothly together, add sultanas, cream of tartar, salt and soda, mix well, then stir in the milk. Turn on to a floured board, divide in three pieces, roll out each like a teacake quite round and cut in four, place on a greased tin, brush the top of the scone with a little beaten egg; bake in quick oven twenty minutes.

(446)

MADEIRA CAKE.

10 ozs. Flour.	6 ozs. Butter.
6 ozs. Sugar.	Grated Rind of 1 Lemon.
3 Eggs.	1 teaspoonful Baking Powder.

Method.—Beat the butter to a cream and add the sugar, beat the eggs until very light, then add eggs and flour alternately to the butter and sugar; stir in the lemon rind and about three tablespoonsful of milk, and lastly, the baking-powder; beat the mixture well, and turn into a greased and lined cake-tin, just before the cake sets lay on a strip of citron peel. Bake about one and a quarter hours in a moderate oven.

(447)

BRISTOL CAKE.

9 ozs. Flour.	5 ozs. Butter.
5 ozs. Sugar.	3 ozs. Currants.
Grated Rind of 1 Lemon.	3 Eggs.
3 tablespoonsful of Milk.	1 teaspoonful Baking Powder.

Method—Beat the butter to a cream, add sugar, beat the eggs, then add eggs and flour alternately to the butter and sugar; beat the mixture well, mix in the currants, lemon rind, milk, and baking-powder. Pour into a round cake-tin, greased and lined with paper also well greased. Bake about one hour in a moderate oven. Just before the cake is done brush the top with white of egg, and dredge with castor sugar

(448)

SPONGE CAKE.

5 Eggs	5 ozs. Flour (sifted).
8 ozs. Castor Sugar.	Grated rind 1 Lemon.

Method—Place eggs in a bowl, beat them, then add the sugar, stand the bowl over a saucepan of hot water and whisk the eggs and sugar briskly for ten minutes, remove the bowl from the water and whisk ten minutes longer, add the rind to the flour, and mix it in lightly. Grease a mould well with lard, and dust it over with an equal quantity of flour and sugar mixed. Bake about one hour in a moderate oven. If baked in sandwich tins bake about 25 minutes. Care must be taken in baking sponge cakes, if the oven is too hot they will not be light. Stand the mould on a baking tin. A sponge cake should be a pale brown when cooked, a steady gradual heat is required.

(449)

PARIS BUNS.

$\frac{3}{4}$ lb. Flour.	3 ozs. Butter.
4 ozs. Sugar.	2 ozs. Candied Peel.
2 Eggs.	Milk.
Salt.	$\frac{1}{2}$ teaspoonful Cream of Tartar.
	$\frac{1}{2}$ teaspoonful Carbonate of Soda.

Method.—Place flour in a basin, add the sugar, a little salt, and the butter, rub all together, cut up the peel and mix it in, add the soda and cream of tartar, stir in the eggs (well beaten), and add sufficient milk to moisten. Bake in heaps on a greased baking tin, in a moderately hot oven about twenty minutes.

(450)

CREAM SCONES.

$\frac{1}{2}$ lb. Coombs' Self-raising	3 ozs. Butter.
Flour.	$1\frac{1}{2}$ ozs. Sugar.
$\frac{1}{4}$ teaspoonful Salt.	About $\frac{1}{4}$ pint of thin Cream.

Method.—Rub together the flour, salt, sugar, and butter then mix in sufficient cream to bind. Turn out on to a floured board, roll out about $\frac{1}{4}$ inch in thickness; cut in small rounds, bake in a quick oven about ten minutes, split open, spread with butter, pile high on a d'oyley.

(451)

SHREWSBURY BISCUITS.

8 ozs. Flour.	4 ozs. Butter
1 Egg (beaten).	4 ozs. Sugar.
A few drops Essence of	$\frac{1}{4}$ teaspoonful Baking Powder.
Lemon.	

Method.—Beat the butter to a cream, add sugar, then add the egg and essence of lemon; beat in flour by degrees; turn on to a floured board, knead lightly, roll out thinly, cut it in rounds, place the biscuits on a greased baking sheet, and bake in moderate oven ten minutes. Sift over with sugar. They should be a very pale brown.

(452)

BADEN BISCUITS.

6 ozs. Flour (Coombs').	3 ozs. Butter.
3 ozs. Sugar.	1 Egg.
1 oz. Candied Orange.	1 oz. Almonds (blanched and chopped) Peel.

Method.—Beat the butter to a cream, add sugar; mix in egg and peel, finely chopped; beat in flour by degrees, turn on to a floured board, knead lightly, roll out thinly; brush with white of egg and sprinkle with the almonds, place the biscuits on a greased baking sheet, and bake in moderate oven ten minutes. Sift over with sugar.

(453)

QUEEN CAKE DROPS.

4 ozs. Flour.	3 ozs. Sugar.
3 ozs. Butter.	1 oz. Currants.
Grated Rind of $\frac{1}{2}$ Lemon.	2 Eggs.

Method.—Beat the butter to a cream, add sugar; beat eggs and add eggs and flour alternately; mix in the currants, lemon rind; drop on strong (greased) paper about the size of a penny. Bake in quick oven for about ten minutes. They should be a pale brown.

(454)

ABERNETHY BISCUITS.

8 ozs. Flour.	3 ozs. Butter.
3 ozs. Sugar.	1 Egg.
$\frac{1}{2}$ teaspoonful of Baking Powder.	Small teaspoonful of Caraway Seeds.
1 tablespoonful of milk.	

Method.—Rub the butter into the flour, add the sugar and baking-powder. Mix in the seeds, and bind with the egg and milk, turn on to a floured board, roll out thinly, cut out in rounds, place on a greased baking sheet, and bake about ten minutes in a moderate oven.

(455)

MACAROONS.

$\frac{1}{2}$ lb. Ground Almonds.	$\frac{1}{2}$ lb. Castor Sugar.
3 Whites of Eggs.	

Method.—Mix the almonds and sugar together, whip the whites of the eggs stiffly, and add them; put the mixture in small heaps on to wafer paper, wet the tops to glaze them, and put a shredded almond on each. Bake in moderate oven until they are a pale brown.

(456)

BRANDY SNAPS.

3 ozs. Treacle.	3 ozs. Flour.
3 ozs. Butter.	3 ozs. Brown Sugar (soft).
1 teaspoonful Ground Ginger.	1 teaspoonful Lemon Juice.

Method.—Boil the treacle, sugar and butter in a small saucepan, when it has cooled a little, stir in the flour, ginger and lemon juice. Mix well. Place a teaspoonful of the mixture at equal distances (leaving sufficient room for the mixture to spread) on (clean) well greased baking tins, about four on each, bake in moderate oven until a golden brown, allow to cool a minute before lifting off the tins, then roll on a rolling-pin or cornets.

BRANDY SNAPS A LA CREME.

Method.—Prepare as above, roll round cornets and fill with whipped cream, sweetened and flavoured. Colour some of the cream, and fill the snaps with the cream put through a rose forcer, arrange on a lace d'oyley.

BREAD AND BUNS.

(457)

BREAD.

3½ lbs. Flour.	1½ ozs. German Yeast.
1¾ pints of tepid Water.	1 tablespoonful Salt.
1 Dessert spoonful Castor Sugar.	

Method.—Beat the yeast to a cream with the sugar, put the flour and salt in a basin, add a little tepid water to the yeast, make a hole in the flour, pour in the yeast, stir into the yeast sufficient flour from the sides to form a thick batter, sprinkle a little over the top, cover the basin with a clean cloth and let it stand in a warm place for fifteen minutes to spouge, then add sufficient tepid water to make into a smooth elastic dough, knead well, cut across the top, and let it rise in a warm place 1½ hours. Divide the dough into two or three equal portions, knead again lightly and place in greased tins, and set to rise again for fifteen minutes, let the loaves rise until they reach to the top of the tin, bake for $\frac{3}{4}$ of an hour in a hot oven at first, and then cook more slowly after the first ten or fifteen minutes. Tepid water is one part boiling to two parts cold. When the bread is taken from the oven turn it out of the tins and support the loaves in such a way that the air will reach all sides. If the loaves stand flat the bottom crust will become moist, if wrapped in a cloth it will do the same and give a soft crust. It should not be put in the bread box until entirely cold.

(458)

MILK BREAD.

Method.—Make the same as above, but use milk in place of the water, or use half milk and half water.

(459)

POTATO BREAD.

Method—Add one medium-sized mashed potato boiled, to the sponge. Potato gives a more moist bread, which retains its freshness longer.

(460)

BROWN BREAD.

Method.—This is also made like other bread; what is generally called brown bread is flour with bran in it.

(461)

WHOLE MEAL BREAD.

Method.—This is also made like other bread; but it requires a little more yeast to lighten it, and is improved by rubbing in a little lard to the flour.

(462)

DINNER ROLLS.

2 lbs. Flour.	1 oz. German Yeast.
1 small dessertspoonful Salt.	1 teaspoonful Sugar.
About $\frac{3}{4}$ pint Tepid Milk and Water (mixed).	

Method.—Place flour and salt in a basin, beat sugar and yeast to a cream, add half the milk and water, make a hole in the centre of the flour and mix in the yeast, stir in enough flour to form a stiff batter, sprinkle a little over the top, cover with a clean cloth and put in a warm place for ten minutes to sponge, then stir in all the flour from the sides and add remainder of milk and water. Knead well, cut across the top, and set to rise for one hour. Divide the dough into equal

portions and knead up into small rolls. This quantity is sufficient for $2\frac{1}{2}$ dozen. Place them on a slightly floured tin and set to rise for 15 minutes. Bake in a quick oven about 15 minutes. To glaze them, brush with milk or a little beaten egg just before they are done.

(463)

DOUGH CAKE.

Half-a-quarter of Dough. $\frac{1}{4}$ lb. Currants.
 $\frac{1}{4}$ lb. Lard or Butter. $\frac{1}{4}$ lb. Sugar.
 $\frac{1}{2}$ teaspoonful of Salt.

Method.—Put the dough into a basin, beat in the butter, sugar and currants; place in greased tins, and set to rise for one hour. Bake in a moderate oven about one-and-a-half hours.

(464)

MILK ROLLS.

1 lb. Flour (Coombs' Eureka $\frac{1}{2}$ pint Milk.
 Self-raising Flour). 2 ozs Butter.
 $\frac{1}{2}$ teaspoonful of Salt. 1 teaspoonful of Sugar.

Method.—Place flour, salt, sugar and butter in a basin, rub all lightly together, and mix to light dough with the milk. Turn on to a floured board, divide in twelve pieces, roll out oblong shape, place on a floured tin and bake in quick oven about fifteen minutes. Brush over with milk just before they are done. Split open and butter while hot.

(465)

TEA-CAKES.

1lb. Flour.	$\frac{3}{4}$ oz. Yeast.
1 Egg.	2 ozs. Sugar.
2 ozs. Butter or lard.	$1\frac{1}{2}$ gills Warm Milk.
1 teaspoonful Salt.	$1\frac{1}{2}$ ozs. Currants or Sultanas.

Method—Place flour and salt in a basin, dissolve the butter in the milk, beat the egg and add it also to the milk. Beat the yeast to a cream in a small basin, add a little sugar, then stir in the milk smoothly. Make a hole in the centre of the flour, and stir in the dissolved yeast; mix in sufficient flour



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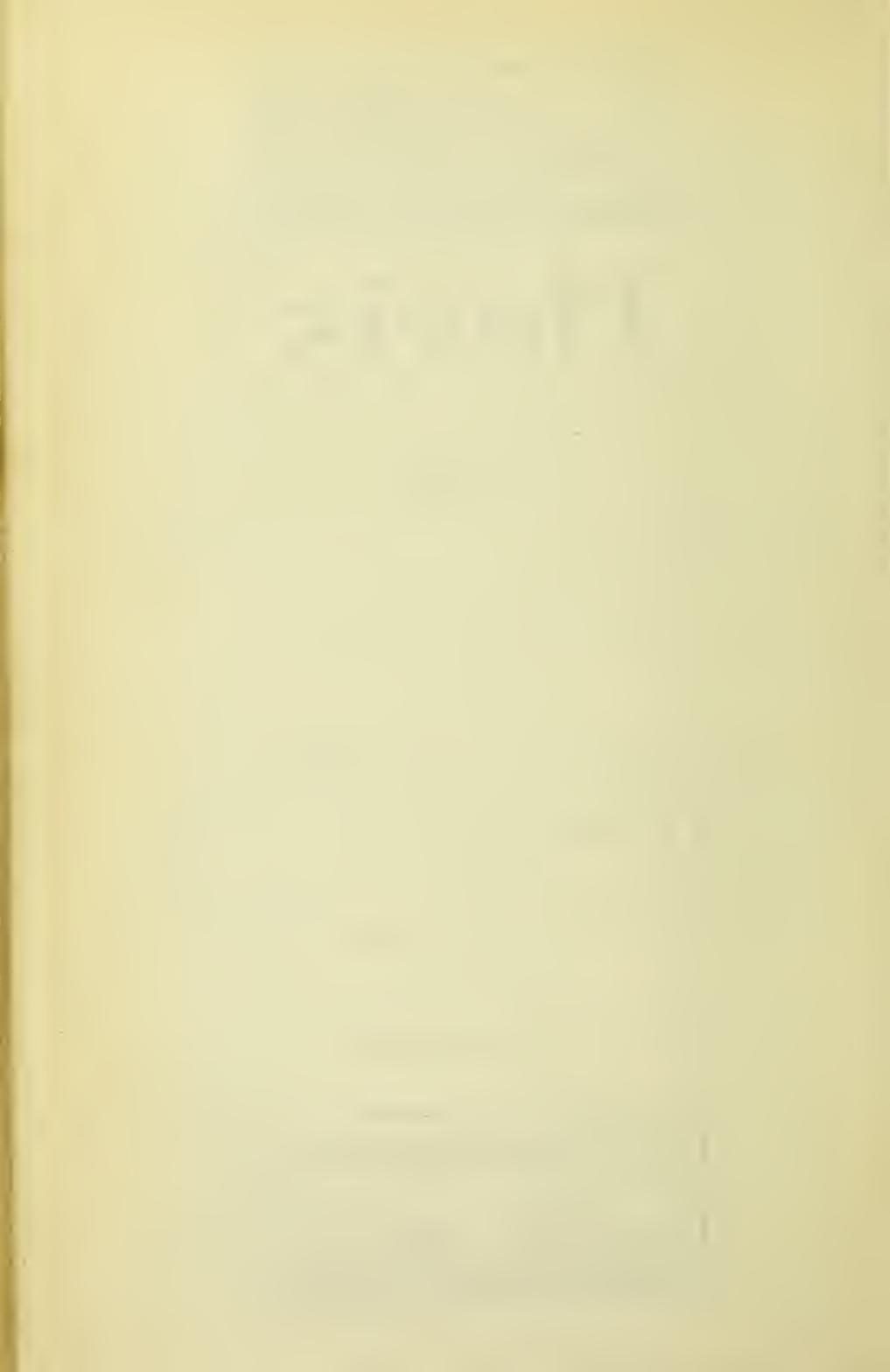
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See Page 169 for Receipts.





from the sides to form a stiff batter, sprinkle some over the top and put a clean cloth over; stand in a warm place to rise about an hour; knead in the sugar and fruit, turn on to a board and divide into ten equal parts, roll out in rounds, place on a greased baking-tin, set to rise for fifteen minutes. Bake in a quick oven about twenty minutes. When the cakes are done rub a little butter over the top to glaze them.

(466)

HINTS FOR MAKING AND BAKING HOVIS BREAD—AT HOME.

3½ lbs. Hovis Flour.	1 oz Compressed Yeast
1 quart Water (about as warm as the hand can bear it).	(dissolved in 2 tablespoonsful of warm water).
	Use no Salt.

Method.—Take about three parts of the flour and mix it thoroughly with the water, then pour in the yeast and mix again, this time using also the remainder of the flour.

Baking.—Let it rise twenty to forty minutes and bake rather longer than ordinary bread, say fifteen to twenty minutes.

Caution.—Do not attempt to knead or mould it in the ordinary way (it will not be firm enough for these operations to be possible), but put it in the tins direct from the mixing.

(467)

HOVIS SCONES.

2 lbs. Hovis Flour.	4 ozs. Butter or Lard.
3 ozs. Sugar.	¼ oz. Carbonate of Soda.
½ oz. Cream of Tartar.	1 pint Milk or Buttermilk.
	2 Eggs.

Method.—Place flour in a basin, mix in the sugar and rub in the butter lightly, crush the lumps from the soda and cream of tartar, mix these with the dry ingredients, beat up the eggs and add them to the milk, then stir all well together. Turn the mixture on to a floured board, divide into six pieces, roll each piece out quite round and about $\frac{1}{2}$ an inch in thickness, cut in four pieces. Bake on a greased tin in a hot oven about 25 to 30 minutes. This quantity makes two dozen.

GARNISHES AND ICINGS.

(468)

TO GLAZE MEAT PIES AND PATTIES.

Beat up the whole of an egg, and brush the pastry over with it; it is better not to glaze the edges of the pastry, as it prevents it rising.

(469)

TO GLAZE FRUIT TARTS AND PUFFS.

Method.—Brush it with beaten white of egg or water, and dredge with castor sugar. If the oven is very fierce, do this when the paste is half baked.

(470)

WHIPPED JELLY.

Method.—When the jelly is beginning to set, whip it until it is like snow.

(471)

WHIPPED CREAM.

Method—Whip double cream until it will stand on the end of the whisk without falling off. Always add the sugar last.

(472)

BLANCHED ALMONDS.

Method.—Put the almonds in water, bring to the boil, drain, rub off the skins, throw them into cold water to keep them white, and then dry them

(473)

PISTACHIO KERNELS.

Method.—Blanch like almonds. They are used shredded or chopped.

(474)

COLOURED ALMONDS.

Method.—Chop or shred the almonds, pour a little carmine on a plate and rub the almonds well in until they are evenly coloured. Dry before using. Cocoanut can be treated the same way.

(475)

BROWNED ALMONDS.

Method.—Blanch the almonds, put them in a tin in the oven and brown the almonds through. Care must be taken not to blacken the almonds, they only require a moderate oven, they should be a pale brown.

(476)

COLOURED SUGAR.

Method.—Put some castor sugar on a plate, add a few drops of carmine and rub with the fingers until coloured; all coloured sugars are made in the same way.

(477)

PASTRY ICING.

Method.—Whip the whites of eggs to a stiff froth, mix in quickly and lightly some castor sugar, allow one ounce for every white, spread over the pastry and set in a cool oven.

(478)

ROYAL ICING.

Method—Place the white of an egg in a bowl, add a little lemon juice, and a few drops of water. Stir in icing sugar (sifted), until it is of the right consistency to spread. While the cake is still warm pile the icing on the centre of the cake, and with a knife dipped in cold water, spread it over the top and sides of the cake. It will settle into a smooth and glossy surface. If the icing is prepared before the cake is ready, cover it with a wet cloth, as it quickly hardens. If it becomes

too stiff, add a few drops of water, and stir again, colour and flavour as desired. For $\frac{1}{2}$ lb. sugar allow one white, juice of $\frac{1}{2}$ a small lemon, and a few drops of water; this is sufficient to ice one small cake. When icing is wanted for decorating a cake beat the whites to a froth, then beat in the sugar instead of stirring it, and continue to beat until it is firm enough to hold its form. Stirring more sugar into the unwhipped white will make it firm enough for decorating, but the whipped icing is better. Put it into a pastry bag with small tube, or into a paper funnel, and press it through into any shapes desired.

(479)

GLACÉ ICING.

8 ozs. Icing Sugar. 4 tablespoonsful Cold Water.

Method.—Pass the icing sugar through a sieve, add gradually the water, heat over the gas, but on no account boil. Use this for small cakes, tartlets, etc.

(480)

LIQUID ICING.

$\frac{1}{2}$ lb. Icing Sugar (sifted). A few drops Flavouring.
A little Boiling Water.

Method.—Place icing sugar in a bowl, then add sufficient boiling water to make it the consistency of thick cream. Flavour and colour with a few drops of carmine, or use the icing plain. Pour the icing on to the centre of the cake and spread it over the top and sides with a knife dipped in hot water. Put the cake in a cool place to set the icing. Ornament with fruits or coloured almonds or cocoanut coloured.

(481)

ALMOND ICING (FOR CAKES).

$\frac{3}{4}$ lb. Ground Almonds. 1 lb. Icing Sugar.
3 whole Eggs. Essence of Almonds to flavour

Method.—Put the almonds and sugar into a bowl, add the eggs beaten gradually, flavour to taste with the essence of almonds. Do not make the icing too moist. It should be stiff enough for rolling out when required for covering a pound cake. Before putting the almond icing on the cake lightly brush the cake with beaten white of egg.

(482)

CHOCOLATE ICING (No. 1).

6 ozs. Icing Sugar. $\frac{1}{4}$ gill Cold Water.2 $\frac{1}{2}$ ozs. Cadbury's Cocoa or Chocolate.

Put the water and chocolate in a pan and stir until it boils and is quite smooth, then add the icing sugar, beat well, and pour over the cake.

(483)

CHOCOLATE ICING (No. 2).

Method.—Place one ounce of Cadbury's Grated Chocolate in a saucepan, add two tablespoonsful of milk, two tablespoonsful of sugar and quarter ounce of butter; stir till smooth and spread on the cake.

(484)

CHOCOLATE ICING (No. 3).

Method.—Melt four ounces Cadbury's Chocolate or Cocoa. Boil one and three-quarter cupfuls of sugar with a cupful of water till it threads when dropped from the spoon, turn it slowly on to the chocolate, stirring all the time. Use this icing for dipping éclairs and small cake, and for sponge or sandwich cakes. Chocolate icing loses its gloss when at all stale.

(485)

COFFEE ICING FOR ÉCLAIRS.

Method.—Make the same as the one given above, using very strong coffee or coffee essence to colour and flavour it. Use enough sugar to make a soft flowing icing, and dip the cakes into it while it is hot.

(486)

VIENNA ICING.

8 ozs. Icing Sugar. 5 ozs. Butter.

2 tablespoonsful Liqueur or Essence Vanilla.

Noyeau Syrup. Carmine.

1 $\frac{1}{2}$ ozs. Grated Chocolate. 1 oz. Chopped browned

1 tablespoonful Apricot Almonds.

Jam. 1 oz. Dried Walnuts (chopped)

1 teaspoonful Brandy.

Method—Beat the butter to a cream, sift the sugar, beat it in, add the noyeau syrup, divide this mixture into four equal parts.

No. 1.—Add the chocolate and a few drops of essence of vanilla.

No. 2.—Colour a pale pink with the carmine and add the chopped walnuts and the brandy.

No. 3.—Add the Apricot Jam.

No. 4.—Add to the mixture the browned almonds.

These mixtures are spread between sandwich cakes composed of a sponge cake mixture or Genoese pastry, the cakes can be cut in fancy shapes and covered with liquid icing. If only one variety is required; take a fourth part of the icing.

SICK-ROOM COOKING.

THE PREPARATION OF FOOD FOR INVALIDS.

In cooking for invalids, be careful to choose foods that are most digestible, and cook them so as to give the digestive organs as little work as possible. Do not make a large quantity of anything, but vary the diet from day to day. Endeavour to put as much nourishment as possible into a small compass, as a sick person can only take a small quantity at a time. Always try to make everything look as dainty and appetising as possible, so as to please the eye of the invalid. Beef Tea should never be boiled, but only simmered—boiling hardens the albumen and fibrine, and makes the tea less digestible. The safest way of cooking it, is to put beef and water into a double pan, or into a jar which should be covered closely, and placed in a pan half full of cold water; bring the water gradually to the boil, then allow the water to boil very gently for about three hours; if made this way the tea will not boil, and does not require much attention. The soaking of the meat in cold water for thirty minutes is most important, as the nutritious properties are thus drawn out. Rump beef or buttock steak makes far more nutritious tea than shin of beef,

which contains a quantity of gelatine. Arrowroot is not nutritious, it is almost a pure form of starch, and therefore heat-giving and force-producing only. If thoroughly cooked it is easily digested, and mixed with milk is very palatable; but the milk gives the dish its dietetic value.

Milk is most nourishing, half a pint containing as much solid matter as a mutton chop.

Rice Water is considered of value in case of diarrhoea.

Barley water is a very nourishing drink, and a very pleasant one if nicely made.

(487)

BEEF TEA (1).

$\frac{1}{2}$ lb. Beef Steak. $\frac{1}{2}$ pint Water.

Method.—Take all skin and fat from the beef, mince it finely, place it in a basin, add the cold water, let it soak for half-an-hour to extract the juices, place it in a saucepan and cook very slowly half-an-hour. The tea must on no account boil. It should be a red brown colour. Strain through a gravy strainer.

(488)

BEEF TEA (2).

Method.—Proceed as above, only placing the meat and water in a jar, cover the jar closely, and place it in a saucepan of cold water, bring it to the boil and boil gently three hours, then strain the tea.

(489)

RAW BEEF TEA.

2 ozs. Beef Steak. 2 tablespoonsful cold Water.

Method.—The meat should be scraped across the grain, add the scraped meat to the water and let it stand one hour, stirring occasionally, then strain.

(490)

INVALID FISH (No. 1).

1 Small Sole. $\frac{1}{2}$ oz. Butter.

Method.—Grease a clean baking tin with half the butter, clean the sole and skin it, place it on the greased tin, and put the remainder of the butter on in little pieces, cover it with a greased paper, cook in a moderate oven fifteen minutes; serve with white sauce.

(491)

INVALID FISH (No. 2).

The Fillets from One Small Sole.

Method.—Place the fillets between well buttered plates and steam over a saucepan of boiling water twenty minutes. Serve as above.

(492)

INVALID FISH (No. 3).

The Fillets of 1 small Place. Yolks of 2 Eggs.

1 gill cold Water.

Method.—Boil the water, put in the fillets and simmer till tender, place them on a hot dish, add the yolks to the liquor, stir over the fire till it thickens, pour over the fillets and serve hot; do not allow it to boil or the yolks will curdle.

(493)

CHICKEN BROTH.

1 Chicken.

2½ pints of Water.

Pepper and Salt.

Method.—Cut the chicken into pieces, and put it into a saucepan with the water and a little pepper and salt; simmer very gently from three to four hours. Strain and remove the fat. The broth may be thickened, if liked, with rice, crushed tapioca, pearl barley or arrowroot.

(494)

SAVOURY CUSTARD.

1 Egg. Salt.

¾ gill of Beef Tea.

Method.—Beat the egg in a basin, add a pinch of salt and the beef tea; pour it into a greased cup, cover with a buttered paper, and steam gently for twenty minutes.

(495)

SWEET CUSTARD.

1 Egg.

¾ gill of Milk.

Salt.

1 teaspoonful of Sugar.

Method.—Beat the egg, add sugar, milk and a pinch of salt, pour into greased cup, and steam about fifteen minutes.

(496)

ARROWROOT.

1 large teaspoonful of $\frac{1}{2}$ pint of Milk.
 Arrowroot. 1 large teaspoonful of Sugar.

Method.—Moisten the arrowroot with a tablespoonful of the cold milk, boil the remainder, stir it quickly on to the arrowroot, boil for two or three minutes, add the sugar and serve hot.

(497)

STEWED MUTTON CHOP.

1 Mutton Chop. 1 teaspoonful Flour.
 1 small Onion (minced). Salt and Pepper.
 A few drops of Gravy Colouring.

Method.—Trim away nearly all the fat from the chop, place it in a jar, put in the onion, season with pepper and salt and add sufficient cold water to cover, cover the jar closely. Set the jar in a saucepan of water and let it boil $1\frac{1}{2}$ hours. When done place the chop on a hot plate, skim all the fat from the gravy, thicken with the flour, add gravy colouring, bring to the boil, boil two minutes and pour over the chop.

(498)

DARIOLES OF CHICKEN.

$\frac{1}{4}$ lb. Raw Chicken. 1 tablespoonful Bread Crumbs.
 $\frac{1}{2}$ gill Cream (whipped). 1 Egg.
 1 White (whipped). Pepper and Salt.

Method.—Pound the chicken, or pass it through a mincing machine, add to it the egg and seasoning, stir in the bread crumbs, add the white of the egg and the cream. Place in small buttered moulds, cover with greased paper. Steam twenty minutes. Serve with white or egg sauce.

(499)

INVALID BOVRIL.

1 teaspoonful Invalid Bovril. Pepper.
 1 teacupful Boiling Water. Salt.

Method.—This is a special preparation of bovril, unseasoned, and concentrated for invalids.

(500)

FILLETS OF CHICKEN WITH EGG SAUCE.

Boil a chicken until tender, then remove the pieces off the breast, place them on a hot plate and pour over the sauce made as follows :—

$\frac{1}{2}$ oz. Flour.	$\frac{1}{2}$ oz. Butter.
Yolk of 1 Egg.	1 gill Liquor in which the
1 tablespoonful Milk or	chicken was cooked.
Cream.	Pinch Pepper and Salt.
A few drops of Lemon Juice	

Method.—Melt the butter in a small saucepan, stir in the flour, add the liquor by degrees, stir until the sauce boils, add the cream, seasoning, and lemon juice, put in the yolk of the egg and stir over a gentle heat until the egg is cooked but do not allow it to boil.

(501)

INVALID'S SOUP.

$\frac{1}{2}$ pint Beef Tea.	2 Yolks of Eggs.
Pepper and Salt.	1 dessertspoonful Sago.

Method.—Boil the sago in a little water until clear, strain it, simmer the sago in the beef tea for fifteen minutes, season, stir in the yolks and stir over a gentle heat until it thickens, then serve.

(502)

MILK BLANC MANGE.

2 ozs. Loaf Sugar.	1 pint Milk.
	$\frac{3}{4}$ oz. Isinglass.

Method.—Put all into a very clean saucepan and stir over the fire for ten minutes. Strain into a jug when nearly cold, pour into a wet mould; when set turn out.

(503)

LINSEED TEA.

4 tablespoonsful Linseed.	1 quart Boiling Water.
6 Lumps of Sugar.	1 Lemon.
	1 oz. of Spanish Juice.

Method.—Cut off the thin yellow rind from the lemon and put in a jug, add the juice (strained), put in the sugar, spanish juice, and the linseed; pour over the boiling water, let it stand for a time and strain.

(504)

RICE WATER.

2 oz. Carolina Rice. Sugar to taste.
 1 inch Cinnamon Stick. 3 pints of Water.

Method.—Wash the rice well, throw it into boiling water, add cinnamon, and boil gently two hours; add sugar and strain. This is good for diarrhoea.

(505)

GRUEL.

1 large teaspoonful Patent Pinch of Salt.
 Groats. $\frac{1}{2}$ pint of Milk.
 $\frac{1}{4}$ oz. of Butter.

Method.—Moisten the groats with two tablespoonsfuls of the cold milk. Boil remainder, pour in the groats and add sugar, boil gently for ten minutes, add butter and serve.

(506)

CLEAR BARLEY WATER.

3 ozs. Pearl Barley. A Strip of Lemon Rind.
 3 Lumps of Sugar. 1 quart of Boiling Water.

Method.—Wash the barley, put it in the jug with the lemon rind and sugar, pour over the boiling water, cover till cold then strain

(507)

BOVRIL SANDWICHES.

Invalid Bovril. Thin Slices of Bread and Butter.

Method.—Spread the bovril evenly on the slices of bread and butter, put a piece of bread and butter on the top, cut the crust from the bread, and cut in small sandwiches. A variation is to put slices of tomato on the piece of bread and butter, after spreading over the bovril, season with pepper and salt; slices of hard boiled egg can be used in the same way, also lettuce or mustard and cress.

(508)

COOMBS' MALTED FOOD.

FOR INFANTS AND INVALIDS.—A marvellous preparation for the nursery or sick room, being exceptionally nutritious, invigorating, and palatable. Sold in 6d., 1/-, 2/6, and 5/- tins.

Method.—Mix a tablespoonful of the food with cold milk or water to form a paste. Pour on this paste $\frac{1}{2}$ of a pint of boiling milk, then re-pour into saucepan, and boil gently for two or three minutes, whilst stirring, sweeten to taste; for infants be careful never to use more than equal quantities of milk and water.

— (509) —

VIROL.

This is a wonderful preparation, and supersedes Cod Liver Oil. It is especially valuable in all cases of wasting diseases and backward development in children, anaemia, consumption, etc. Virol should be taken daily, as an addition to the ordinary food of the child, and will give immediate improvement in condition. The red bone marrow contained in it is invaluable in cases of anaemia, as it contains iron in the natural form. The taste of Virol is delicious. It is easily assimilated, and can be taken by delicate digestions where oils are quite impossible.

This preparation is prepared by Bovril, Limited, Food Specialists, and is sold in 1/- jars and upwards of all chemists.

J A M.

R E M A R K S.

In making jams or preserves care must be taken that the fruit is gathered on a dry day. If gathered in damp weather the jam will certainly become mouldy, and will not be worth the trouble and expense of boiling. It should be boiled as soon as possible after it is gathered.

The best quality of sugar will be found the cheapest in the end. The inferior sugars throw up so much scum in boiling that they waste as much as they save.

The quantity of sugar required depends upon the nature of the fruit.

The scum should be carefully removed as it rises.

Wooden spoons should be used for stirring jam. Iron, tin, or pewter will spoil the colour.

An enamelled saucepan is the best for making jam. If a brass preserving pan is used it should be scrupulously clean, bright, and dry. The flavour and colour will be best preserved if the fruit is boiled rapidly. It should be watched constantly and stirred frequently during the process of boiling. Home-made jam, when properly prepared and well preserved, is far superior to that which is offered for sale. In making jam from stone fruits the stones can be removed previous to boiling or afterwards. Only sufficient water should be added to simply prevent burning. In stone fruit jams some of the stones should be cracked, and the kernels halved and added.

In all jams a little brandy may be added with advantage. Jam, when finished, should be placed in jars covered over with a thin piece of paper soaked in brandy, and another piece of strong paper tied over the jar as tightly as possible.

The following is a list of the quantity of sugar and other ingredients required for making the jams named.

Apricot Jam, to 1 pound of fruit, $\frac{3}{4}$ pound sugar.

Blackberry Jam } „ $\frac{3}{4}$ „ „

If mixed with apple } „ $\frac{3}{4}$ „ „

Black Currant Jam - „ „ 1 „ „

Red Currant Jam - „ „ 1 „ „

Damson Jam - - „ „ 1 „ „

Gooseberry Jam - - „ „ $\frac{3}{4}$ „ „

Greengage Jam - - „ „ $\frac{3}{4}$ „ „

Plum Jam - - - „ „ 1 „ „

Raspberry Jam - - - „ „ $\frac{3}{4}$ „ „

Rhubarb Jam - - - „ „ $\frac{3}{4}$ „ „

{ $\frac{1}{2}$ the Rind of 1 Lemon. Juice of 1 Lemon. „

Strawberry Jam, to 1 pound of fruit, $\frac{3}{4}$ pound sugar.

(510)

VEGETABLE MARROW JAM.

Method.—Peel the marrow and take out the seeds, cut in thick square pieces. To every 4 lbs. of marrow add their weight in sugar, the juice and peel of 2 large lemons (the peel very finely chopped), 1½ ozs. of whole ginger (unblanched) well bruised, ½ teaspoonful cayenne pepper (tied in muslin). Boil gently one and-a-half hours, and when nearly done add one wine glass of whisky.

TIME TABLE.

BOILING.

MEATS.				TIME.
Mutton—per pound	15 minutes.
Beef	20 ,,
Veal	15 ,,
Ham	18 to 20 ,,
Turkey	15 ,,
Fowl	20 to 30 ,,
Tripe	3 to 5 hours.

FISH.

FISH.				TIME.
Codfish—per pound	6 minutes.
Haddock	6 ,,
Halibut	15 ,,
Salmon	10 to 15 ,,
Small Fish	6 ,,
Lobster	30 to 40 ,,

VEGETABLES, ETC.

VEGETABLES, ETC.				TIME.
Potatoes	20 to 30 minutes.
Asparagus	20 to 25 ,,
Peas	15 to 20 ,,
Beans	20 to 30 ,,
Spinach	15 to 20 ,,
Turnips	30 ,,
Beetroot	45 ,,
Cabbage	20 to 30 ,,
Cauliflower	20 ,,
Brussels Sprouts	15 ,,
Onions	30 to 40 ,,
Parsnips	30 to 40 ,,
Macaroni	25 ,,
Rice	15 to 20 ,,

BAKING.

MEATS.				TIME.
Beef, ribs, rare—per pound	8 to 10 minutes.
,, (well done) ,,	12 to 15 ,,
,, (boned and rolled) ,,	12 to 15 ,,
Round of Beef	,,	12 to 15 ,,

SCOTCH BREAKFAST SCONES.

INGREDIENTS AND COST.

2 oz. Brown & Polson's Paisley Flour,	at 7d. per pkt.	1d.
1 lb. ordinary flour	at 1½d. per lb.	1½d.
About a breakfast-cupful of sweet milk, (½ pint)	at 2d.	1d.
A small tea-spoonful of salt		Od.

Yielding about 1½ lbs of Scones at a cost of 3½d.

METHOD—

Mix the Paisley Flour, ordinary flour and salt well together in a bowl, dry. Make into a dough quickly with the milk, adding the milk a little at a time till you have a moderately soft dough. Do not knead more than is necessary. Roll out flat on a floured board till about half-an-inch thick, and cut into circles or three-cornered pieces. Put *at once* into a *hot* oven or on to the griddle or hot plate sprinkled with flour. The hotter the oven the better will these scones be raised. In a quick oven they will be ready in 3 to 5 minutes.

HOT MUFFINS FOR AFTERNOON TEA.

INGREDIENTS AND COST.

2 oz. Brown & Polson's Paisley Flour,	at 7d. per pkt.	1d.
1 lb. ordinary flour	at 1½d. per lb.	1½d.
½ pint sweet milk	at 2d. per pint	1d.
1 oz. lard	at 8d. per lb.	½d.
A small tea-spoonful of salt and the same of sugar		Od.

4d.

Yielding about 1½ lbs weight or about 2 dozen Muffins
at a cost of 4d.

METHOD—

Mix the Paisley Flour, ordinary flour, salt and sugar well together in a bowl, dry. Rub in the lard, cold. Make into a dough quickly with the milk, adding the milk a little at a time, till you have a moderately soft dough. Do not knead more than is necessary. Roll out flat on a floured board till about half-an-inch thick. With a circular cutter about two to two-and-a-half inches in diameter, cut out small circles. Put these *at once* into a *hot* oven, or on to the griddle or hot plate, sprinkled with flour. They should be ready in 5 to 10 minutes. Cut them open when hot, butter them, and serve at once; or better, allow them to cool, cut them open, toast the insides, butter, and serve at once in a folded napkin, very hot.

NOTE.—In a very hot oven these muffins will be baked in 2 to 5 minutes, and they will rise all the better with the extra heat.

Remember!

First.

When buying Corn Flour, always to ask
specially for

BROWN & POLSON'S PATENT CORN FLOUR.

For nearly two generations it has grown
steadily in favour until it is now the
Standard Article—"The Recognised Best."

Second.

When Baking, use

BROWN & POLSON'S PAISLEY FLOUR.

This article mixed 1 part with 6 to 8 of
ordinary flour, does away with the use of
yeast and baking powder, and makes a
light and beautifully raised loaf or cake.
It makes baking easy and rapid, and
saves much anxiety on baking day.

Brown & Polson.

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FISH FRYERS, &c., &c.

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Cookery.

STRONG—DURABLE—CLEANLY

No Copper Contamination. No Verdigris. No Lead Poison.
No Braizing. No Enamel Arsenic.

Not only do these Pans rival the costly copper utensils (the expenses of retinning the insides of which are so well known to Housekeepers), but they are gradually replacing the cheap cast iron saucepans, and on account of their extreme cleanliness and durability, they will be found more economical. In short they combine all the advantages of copper and enamelled ware with none of their drawbacks, at about one-third the cost of copper.

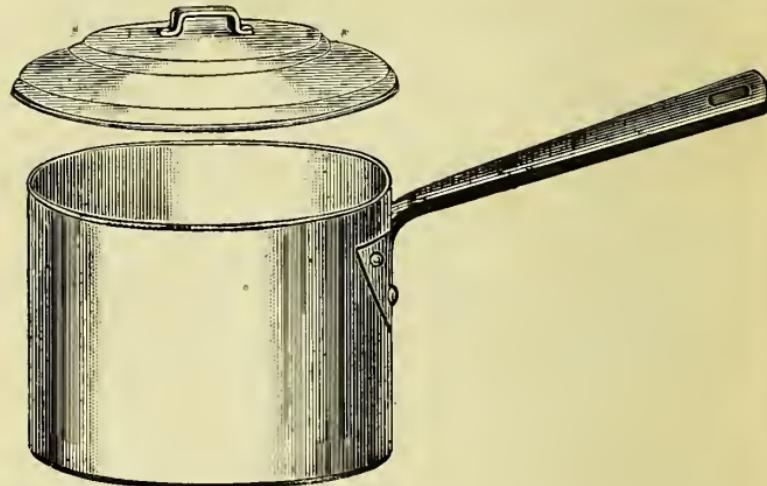


The Patent "Sanitary" Seamless Steel Frying or Omelet Pan
No. 1850A.

Diameter	6	7	8	9	10	11	12	inch,
Prices	2/-	2/3	2/6	3/-	3/8	4/6	5/9	each.

Used approved, and recommended by the National
School of Cookery, &c., &c.

Silver Medal awarded at the Health Exhibition, South Kensington.

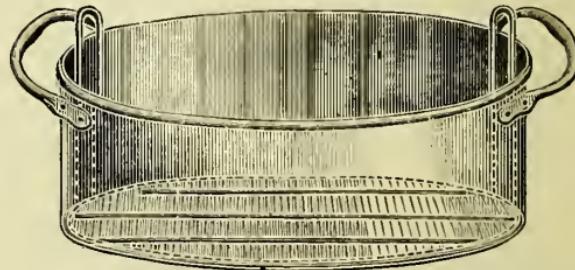


The Patent "Sanitary" Seamless Steel Saucenpan.

No. 18480.

Diameter	4	5	5 $\frac{3}{4}$	6 $\frac{1}{2}$	7	7 $\frac{1}{2}$	8 $\frac{1}{2}$	9	9 $\frac{1}{2}$	inch.
Contents	1	2	3	4	5	6	8	10	12	pints.
Price	3/-	4/-	4/6	5/6	6/-	6/9	7/9	10/-	12/9	each.

Large and Extra Strong Sizes for Restaurant, Hotel and Ship's Use.
PRICES ON APPLICATION.



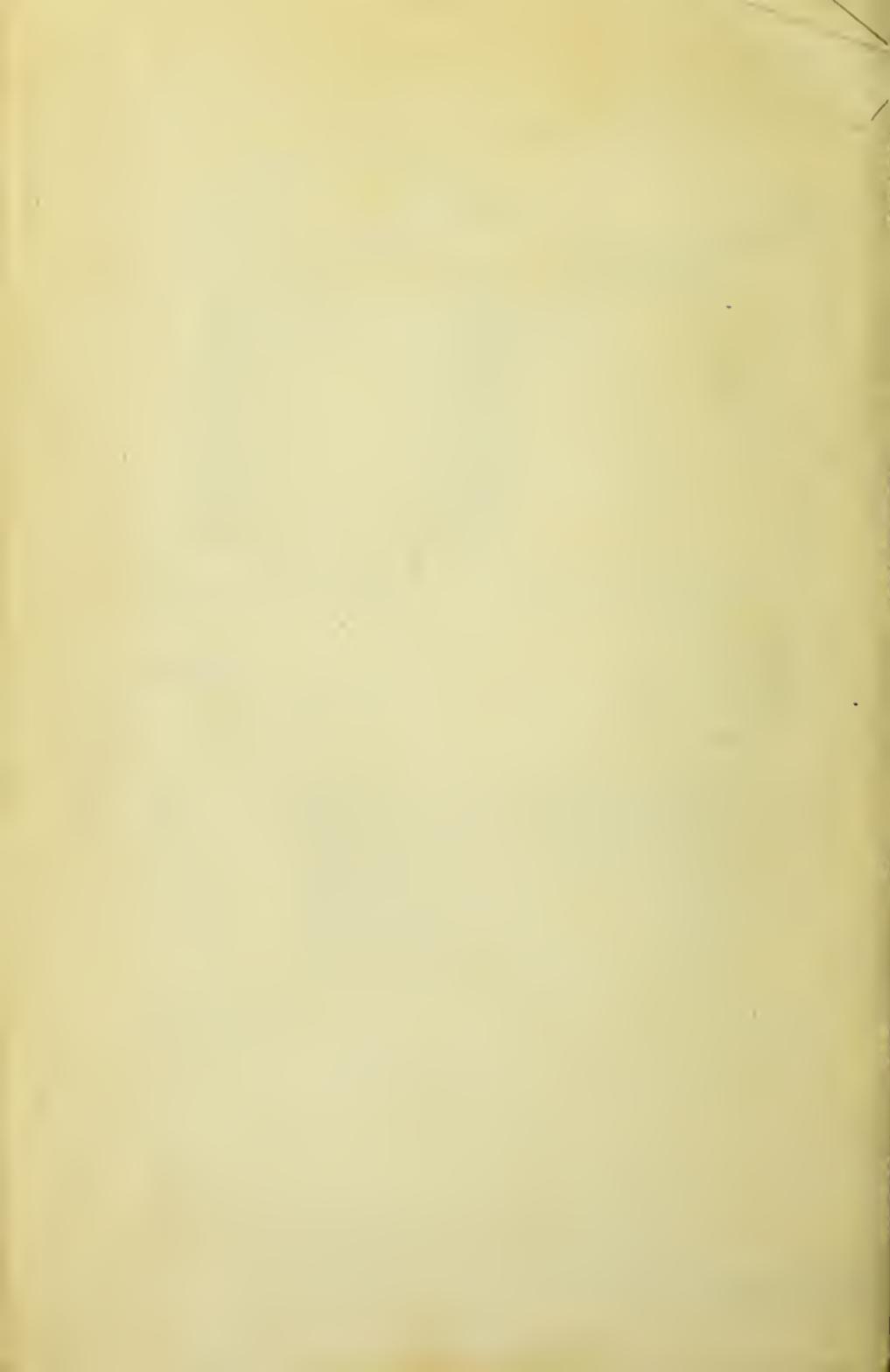
"Sanitary" Seamless Steel Fish Fryer with Tinned Wire Drainer.

No. 1532.

Diameter	12	14	16	inch.
Price	6/9	7/9	8/9	each.

J. H. FRECKINGHAM,
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	Remarks



